

HOT ROD

NO GYM. NO TRAINER. HER SECRETS, P. 154

Wrinkles?
Spots?
Pores?
POOF!

The One Product That Solves It All

November 2015 \$4.99 US/DISPLAY UNTIL NOVEMBER 24, 2015



WomensHealthMag.com









STYLE SHOWN: ROAD TRIP

Color. Clarity. Detail.

At Maui Jim, we're dedicated to bringing more color to your life with lenses that enhance clarity, reduce glare, and highlight depth and dimension. Maui Jim Sunglasses won't change the world – they'll change the way you see it.



Recommended as an effective UV filter for the eyes and surrounding skin.





TO 100% PURE PROTEIN IN FUN, TASTEBUD-SLAYING FLAVORS. A DRINK THAT A PUNCH, SO YOU CAN, TOO. WITHOUT CARBS, AND WE THE GOOD STUFF YOU NEED TO BE GREAT. MMM MM THAT'S WHAT WE CALL SOME SERIOUSLY FINE FUEL. IN FUN, TASTEBUD-SLAYING FLAVORS. A DRINK THAT PACKS A PUNCH, SO YOU CAN, TOO. WITHOUT CARBS, AND WITH ALL THE GOOD STUFF YOU NEED TO BE GREAT. MMM MMM, NOW





On Our Cover Lea Michele photographed by Eric Ray Davidson. Fashion editor: Jacqueline Azria. Hair: John D for Tresemmé/Forward Artists. Makeup: Melanie Inglessis for Make Up For Ever/Forward Artists. Manicure: Jenna Hipp for Beauty's Most Wanted/Nailing Hollywood. Prop styling: Ward Robinson/Wooden Ladder. For Lea's look, try L'Oréal Paris Infallible Eye Shadow Crayon in Impressive Brown, L'Oréal Paris Infallible Smokissime Eyeliner in Brown Smoke, L'Oréal Paris Voluminous Butterfly Intenza Mascara in Black, L'Oréal Paris Visible Lift Blur Blush in Soft Peach, and L'Oréal Paris Colour Riche La Lacque Lip Pen in Lacque-y You. Araks top, Aerie sweatpants, Anita Ko Dagger earrings, Lizzie Scheck necklace. Left hand: Logan Hollowell Thorn cuff, Anita Ko spike ring, Selin Kent Greta ring. Right hand: Zoë Chicco star bracelet, Venessa Arizaga Cordelia pendant bracelet, Lana Jewelry ring, Luna Skye by Samantha Conn bar signet ring.



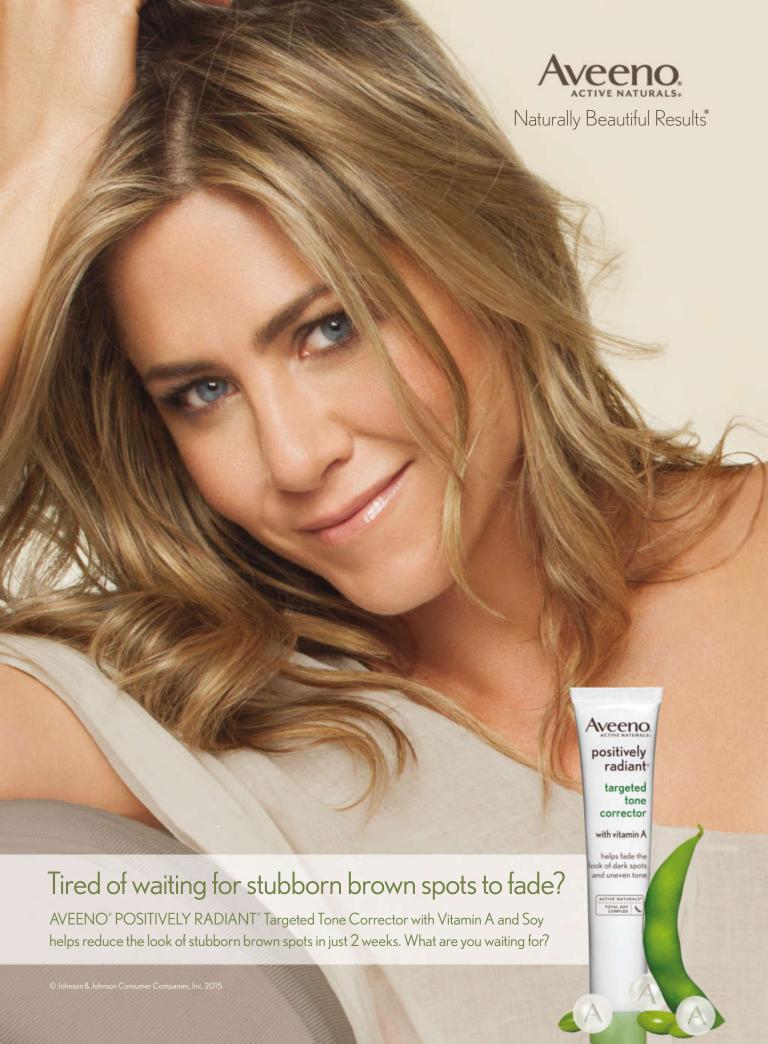
Your face is your password

Welcome to Windows 10. Now with Windows Hello, you can log in simply with a smile. With Microsoft Edge, write directly on the web with your finger or pen, draw or take notes and then share what you did. Talk to Cortana and she'll get to know you over time. And you'll know how to use the Start menu pretty much instantly. The future starts now, for all of us.

Upgrade to Windows 10 and do great things. Free for a limited time.











FOOD

93 IT'S A THUG KITCHEN THANKSGIVING!

Ditch the traditional grub for these fan-f**king-tastic sides from our favorite potty-mouthed chefs.

120 CHECK ME OUT!

Healthy meals made easy? Yep. Fast? You bet. Even fun? We kid you not. It all happens with our list of the 55 best packaged foods.

WEIGHT LOSS

104 YOU LOSE, YOU WIN

This reader kicked cigs, hopped back on her bike, and dropped 90 pounds! #respect

LOVE & SEX

107 THE BREAKUP

New research proves what we've kinda always known: Men and women handle Splitsville differently. Heal your heart or a friend's with these tailored tips.

116 5 JUICY QUESTIONS FOR...

Empire hottie Trai Byers

BEAUTY

OU BIG FREAKIN' DEALS

Bring your hair to new heights without gobs of hair spray or hours of prep. Six voluminous looks that flatter. MILD, MEDIUM, OR SPICY? MAKE OUR MAKEUP THE LATTER! P. 142

54 TOUCHY SUBJECTS

Pretty hurts. Especially when the culprit is covering your body. How to wear wool, sequins, and raw denim without the itching and chafing.

142 NO SUGAR, ALL SPICE

A dash of paprika. A sprinkle of nutmeg. And a little cayenne pepper for good measure. Meet fall's hottest makeup shades and skin-care ingredients.

In Every Issue

10 EDITOR'S LETTER A word from the Boss Lady 14 ADVISORS

Indispensable expert tips **18 GET MORE WH**Find out what's going on in the Women's Health universe.

22 ASK ANYTHING

Whether the cannabis diet is BS, plus other need-to-know answers 31 DISCUSS!

From health to sex to fitness and more, the juiciest news, most essential stats, and wow-'em convo starters this month

164 YOU: THE INSTANT EXPERT...on self-defense



TACORI





MODERN FAMILY



Our pal Mike once invited an acquaintance to our annual "Orphan Thanksgiving" in New York. Said acquaintance canceled once he found out we had no plans to feed actual orphans. We like to think of ourselves as altruistic, but the "orphans" we referred to were friends (and friends of friends) left in the Big Apple over the holiday, Are you who weren't going home #WHStrong? for one reason or another. Join our community

My husband, Grady, and I stayed in NYC in the early years because we were trying to save money on flights back to our hometown of Columbia, Missouri (go, Mizzou!). Then it became a choice, and a tradition, to host friends at our apartment.

Every year, for about six years, Grady made the turkey, our bud Megan brought a cheesy potato casserole, Duncan served up homemade mashed potatoes, Molly did sweet potatoes with marshmallows, and different folks who floated in and out of our lives brought various other sides. Since I have no natural aptitude for cookinglike, zero-I was charged with the very

important task of opening the can of jellified cranberries and slicing those puppies to perfection. (I'm sure the potty-mouthed Thug Kitchen chefs would find this craptastically appalling; their T-day sides, on page 93, are far more innovative.) Once we sat down to eat, our friend Erin made us go around the table saying what we were thankful for-an exercise that elicited groans but always turned festive. We'd play big-tablet Pictionary and party into the night.

As we've all gotten older, moved from Manhattan, or had kids, this tradition has fallen off, which saddens me. But the memories are a reminder that "family" can mean so much more than biology. And it constantly evolves. You can find your peeps, and make new traditions, wherever you are.

Speaking of food... This season, my (and your!) Women's Health family encourages you to help us support the FEED Foundation, which provides meals to hungry

people in America. Our goal is to reach 5 million meals by

> Giving Tuesday, December 1. Get 10 of your friends to donate \$10 each and you'll have raised enough to provide a family of four with more than a month's worth of meals. (Plus, you'll

qualify for prizes—someone's gettin' an Apple watch!-each week you fund-raise.) Visit RUN10FEED10 .com and click on Start Fundraising to get involved. Happy happy to you and yours.

AMY KELLER LAIRD Editor-in-Chief

on Instagram

🍠 @amykellerlaird 📘 @aklaird

POST T-DAY BONANZA!



Black Friday has become a full week of here's-an-excuse-to-buy-stuff. (No complaints!) And it's all kinda morphed into Cyber Monday—online deals are everywhere! A few worth logging on for:



>>> ysibeautyus.com: I'm a former beauty editor, so trust when I say this: YSL has amazing makeup. 20% off any order of \$75 or more. 11/19-12/7



>>> bandier.com: New workout clothes new motivation! This stuff, from brands like Outdoor Voices and Human Performance, is fun and chic. Up to 35% off. 11/25-11/30



>>> carolsdaughter.com: Snag Carol's Daughter products—fab for curls and dry hair-for up to 50% off. Spend \$40 and get a free hair mask to boot! 11/26-12/1



>>> poopourri.com: Every online story we do about #2 goes through the roof, so here ya go: Use the code WH-POOYAH for 30% off sweetsmelling "perfumes" for your toilet. 11/27-11/30



homesweethomegrown .com: These hot sauces use organic ingredients and range from mild to blistering. Support a family biz (they plant the peppers themselves!) with 40% off. 11/30



rodaleU.com: WH's Lose Belly Fat-For Good!" online course has tons of ab workouts and eat-well lesson plans. Use promo code WHREADER for 50% off. 11/27-11/30



)) roanddenoir.com: 40%-45% off everything on this year-old label whose edgy classics are just my speed. (This long vest is so badass.) 11/30



corepoweryoga.com: For 80 bucks, score a \$100 gift card that you can use on classes, packages, or products. Locations in 15 states and counting. 11/16-12/31



🕽 shuuemura-usa.com: The first beauty collab for kitschy-cool clothing line Maison Kitsune. Gorgeous! Spend at least \$25 on any of the MK-designed products and score a free MK gift. 11/27-11/30



IGNITELITE HYBRID JACKET.
PRIMALOFT® SILVER INSULATION ACTIVE.
BREATHABLE WARMTH FOR TRAINING.
EVERYTHING YOU NEED. NOTHING YOU DON'T.

Eddie Bauer LIVE YOUR ADVENTURE



invati solutions for thinning hair

3-STEP SYSTEM



1. exfoliate invati[™]exfoliating shampoo cleanses and renews the scalp.



2. thicken invati[™]thickening conditioner weightlessly thickens hair from within.



3. activate* invati™scalp revitalizer helps you keep the hair you have longer.**



try invati™ for FREE

Receive your 3-step invati™ sample† at a

participating location. Find your location at aveda.com/whealth or call 866,791,1148.

**Due to breakage, in a 12-week clinical test of the invati™system.
†One system sample per customer. Contains 10 ml invati
shampoo, conditioner and scalp revitalizer. While supplies last. Come to a participating location in the U.S. or Canada to redeem.

WomensHealth

Amy Keller Laird

EDITOR-IN-CHIEF

CREATIVE DIRECTOR Jacqueline Azria EXECUTIVE EDITOR Theresa O'Rourke SENIOR MANAGING EDITOR Sara E. Culley PHOTO DIRECTOR DESIGN DIRECTOR Sarah Rozen Robert O'Connell DEPUTY EDITOR Sascha de Gersdorff BEAUTY DIRECTOR Molly Nover-Baker FITNESS DIRECTOR Jen Ator, C.S.C.S. PRODUCTION DIRECTOR SITE DIRECTOR Lisa Chudnofsky Laura Sampedro

HEALTH AND FEATURES EDITOR Tracy Middleton FOOD AND NUTRITION EDITOR Jill Waldbieser CONTRIBUTING ENTERTAINMENT EDITOR Elycia Rubin SENIOR EDITORS Faye Brennan, Sarah Bruning SENIOR ASSOCIATE BEAUTY EDITOR Jessica Chia ASSOCIATE EDITOR Cathryne Keller ASSISTANT FITNESS EDITOR Marissa Gainsburg EDITORIAL ASSISTANT Jamie Hergenrader CONTRIBUTORS Kathryn Budig; Rachel Cosgrove; Keri Glassman, R.D.; Keri Peterson, M.D.; Gretchen Voss

SENIOR FASHION AND MARKET EDITOR Gabrielle Porcaro FASHION EDITOR Vladimyr Pierre-Louis CONTRIBUTING ACCESSORIES EDITOR Jennifer You FASHION ASSISTANT Brian Berrell Tramble

DEPUTY ART DIRECTOR Cathie Yun DESIGNERS Cassie Skoras, Trevor Williams ART ASSISTANT Stanley Collado

DEPUTY PHOTO DIRECTOR Frevda Tavin DEPUTY PHOTO EDITOR Deb Wenof ASSOCIATE PHOTO EDITOR Kate Fixter PHOTO ASSISTANT Cassandra Tannenbaum

COPY, RESEARCH, AND PRODUCTION

COPY CHIEF Marli Higa RESEARCH CHIEF Stephanie Abramson SENIOR COPY EDITOR Kristy Kofron RESEARCHER Sara Fave Green PRODUCTION COORDINATOR Ariel Davis

WOMENSHEALTHMAG.COM CREATIVE DIRECTOR Dan Revitte

MANAGING EDITOR Tracey Ford DEPUTY EDITOR Robin Hilmantel SENIOR EDITOR Caitlin Abber SENIOR PRODUCER Sandra Roldan VIDEO PRODUCER/EDITOR Jennifer Peña SENIOR ASSOCIATE EDITOR Christina Heiser ASSOCIATE EDITOR Ashley Oerman DESIGNERS Justin Miller, Alyssa Zolna ASSISTANT SOCIAL MEDIA EDITOR Lauren Del Turco JUNIOR PRODUCER Charesse James

MOBILE DESIGN AND DEVELOPMENT

INTERACTIVE ART DIRECTOR Cynthia Eddy DIGITAL PRODUCTION SUPERVISOR Jennifer Giandomenico

RODALE INTERNATIONAL

EDITORIAL DIRECTOR RODALE INTERNATIONAL John Ville EDITORIAL DIRECTOR, MEN'S HEALTH AND WOMEN'S HEALTH INTERNATIONAL Laura Ongaro ASSOCIATE EDITOR Samantha Quisgard EXECUTIVE DIRECTOR **BUSINESS DEVELOPMENT** AND MARKETING Kevin LaBonge

GLOBAL EDITIONS / EDITORS-IN-CHIEF AUSTRALIA Felicity Harley BRAZIL Angélica Banhara

CHILE Francisca Bertran CHINA Jay Cong GERMANY Wolfgang Melcher GREECE Athinais Nega INDIA Sanghamitra Chakraborty INDONESIA Pangesti (Chichi) Atmadibrata Bernardus LATIN AMERICA (COLOMBIA, COSTA RICA, DOMINICAN REPUBLIC, EL SALVADOR. GUATEMALA, HONDURAS, MEXICO, NICARAGUA, PANAMA, PERU, PUERTO RICO,

MALAYSIA Sueann Chong MIDDLE EAST Yi-Hwa Hanna NETHERLANDS Annette Lavrijsen POLAND Aneta Martynów PORTUGAL Cristina Mitre Aranda RUSSIA Maria Troitskava SOUTH AFRICA Danielle Weakley SPAIN Cristina Mitre Aranda SWEDEN Marie Kiellnäs THAILAND Nitra Kitiyakara TURKEY Sibel Yeşilçay UNITED KINGDOM Farrah Storr

Laura Frerer-Schmidt VP PUBLISHER

SENIOR ASSOCIATE PUBLISHER, BRAND INNOVATION, CREATIVE SERVICES/MARKETING Kristina McMahon

ASSOCIATE PUBLISHER, INTEGRATED SALES Elizabeth Webbe Lunny NATIONAL ADVERTISING DIRECTOR Alex DeSanctis

ADVERTISING SALES

NEW YORK 212-697-2040

EXECUTIVE DIRECTOR, CONSUMER PRODUCTS Elana Tarlowe

BEAUTY DIRECTOR Melissa Bordin

BEAUTY AND FASHION DIRECTOR Samantha Gordon Schultz

FOOD AND BEVERAGE DIRECTOR Susan Faggella

ACCOUNT MANAGER Ashley Cohen

ADVERTISING FINANCE MANAGER Terri Cestaro Gein MIDWEST 312-726-0365 Annie Cecil, Laura Volker

DETROIT 248-637-1353 Mary Meyers

SAN FRANCISCO 415-439-4601 Andrew Kramer

LOS ANGELES 310-252-7528 Patti Lange

TEXAS 214-477-0128 Julie Lee

CANADA 416-368-6800 Brian Fields

DIRECT RESPONSE 212-779-7172 X224 Nancy Forman

SENIOR MANAGER, MAGAZINE PRINT PRODUCTION Mike Ruemmler

ADVERTISING PRODUCTION SPECIALIST Kim Gallagher

RESEARCH DIRECTOR Brunetta Cathers

PUBLISHER'S ASSISTANT Justine Chun

ASSISTANTS Victoria Aiello, Phoebe Licata, Sue Marinelli, Sheena Pinkney, Josh Seitman, Reema Shihadeh, Aleksandra Siekiera

MARKETING

EXECUTIVE DIRECTOR, INTEGRATED MARKETING Michelle Meehan SENIOR DIRECTOR, PROMOTION & EVENTS Karen Mendolia SENIOR ART DIRECTOR Jennifer Araujo

INTEGRATED MARKETING ASSOCIATE DIRECTORS

Elana Delasos, Kerry O'Grady

SENIOR DESIGNER Brooke Young PROMOTION MANAGER Christie Lemley

MARKETING ASSISTANT Claire Stevens

COMMUNICATIONS

COMMUNICATIONS & SPECIAL PROJECTS DIRECTOR Lindsev Benoit

WOMENSHEALTHMAG.COM

ACCOUNT MANAGER Colleen Duke

ONLINE SALES PLANNERS Eileen Becker, Adam Caplan.

Lauren Majcher, Brittany Sherlock

SENIOR VP, MAGAZINE & E-TAIL CONSUMER MARKETING Joyceann Shirer AVP RETAIL SALES Michelle Tauber SENIOR CONSUMER-INTEGRATED MARKETING

DIRECTOR Robin Michaels

VP, GROUP RESEARCH DIRECTOR Lynn Canning

FINANCE DIRECTOR Joanne Ferenczi

WE OCCASIONALLY MAKE OUR SUBSCRIBERS' NAMES AVAILABLE TO COMPANIES WHOSE PRODUCTS OR SERVICES MAY BE OF INTEREST TO THEM. You may request that your name be removed from these promotion lists; call (800) 666-2303 or go to rodaleinc.com/your-privacy-rights.

MAIN OFFICE 733 THIRD AVENUE, NEW YORK, NY 10017-3204

CUSTOMER SERVICE 800-324-1731 E-MAIL WMHCUSTSERV@RODALE.COM

ONLINE WOMENSHEALTHMAG.COM/CUSTOMER-SERVICE

MAIL WOMEN'S HEALTH CUSTOMER SERVICE, 400 SOUTH TENTH STREET, EMMAUS, PA 18098-0099 COPYRIGHT 2015 RODALE INC.

VENEZUELA) Lorena Pontones



REDUCE HAIR LOSS BY 33% with invati™ solutions for thinning hair

Invati[™] is 97% naturally derived** and taps the power of Ayurveda, the ancient healing art of India, with densiplex, an invigorating blend of ginseng and certified organic turmeric.

Try invati[™] for FREE[†] — find a participating location at aveda.com/whealth or call 866.791.1148.

ONE CRUCIAL QUESTION, THREE EXPERT OPINIONS

What's your must-have travel item?

THE HEART

HEALER

"Bobbi Brown lipstick in

Soft Coral-I use it on my

lips and cheeks, which

allows me to pack less.

I like its not-too-shiny,

not-too-matte finish."

\$27 bobbibrown

cosmetics.com

For easy ways to health-ify

commute, see

vour daily

page 148.

.....

WH ADVISORY BOARD

ANTHROPOLOGY HELEN FISHER, PH.D.

Research professor and member of the Center for Human Evolutionary Studies, Rutgers University; author, Why Him? Why Her? Finding Real Love by Understanding Your Personality Type

CARDIOLOGY

MAJA ZARIC, M.D.

Interventional cardiology, peripheral arterial and venous disease director, Lenox Hill Hospital, New York City

CAREER

AMANDA STEINBERG Founder and CEO, DailyWorth.com

DERMATOLOGY

FRANCESCA J. FUSCO, M.D. Assistant clinical professor of dermatology, Icahn School of Medicine at Mount Sinai

EXERCISE SCIENCE

RACHEL COSGROVE, C.S.C.S.

Certified strength and conditioning specialist; owner, Results Fitness, Santa Clarita, California; author, *The Female* Body Breakthrough

CASSANDRA FORSYTHE, PH.D., R.D. Exercise physiologist; author,

The New Rules of Lifting for Women's Health Perfect Body Diet **HEIDI POWELL** Certified personal trainer;

cohost, Extreme Weight Loss; coauthor, Choose More Lose More for Life

FERTILITY

SHEEVA TALEBIAN, M.D. Fertility specialist and reproductive endocrinologist at Reproductive Medicine Associates of New York

FINANCE

FARNOOSH TORABI

Personal finance expert; author, When She Makes More: 10 Rules for Breadwinning Women; NerdWallet correspondent; creator, SoMoneyPodcast.com

GASTROENTEROLOGY

JACQUELINE L. WOLF, M.D.

Associate professor of medicine, Harvard Medical School; author, A Woman's Guide to a Healthy Stomach

GYNECOLOGY

ASHLESHA A. PATEL,

M.D., M.P.H. System director of family planning services, Cook County Health & Hospitals System, Chicago; director, The Dysplasia Clinic at John H. Stroger Jr. Hospital of Cook County; associate professor and assistant medical student clerkship director, Feinberg School of Medicine, Northwestern University

INTEGRATIVE MEDICINE

FRANK LIPMAN, M.D.

Founder and director, Eleven Eleven Wellness Center, New York City; author, Revive. Stop Feeling Spent and Start Living Again

VICKY VLACHONIS,

M.SC., OST Osteopath; pain expert; author, The Body Doesn't Lie

INTERNAL MEDICINE

THE

CANCER DOC

"My set of Bose noise-

canceling earbuds. Not

only do they diminish the

ambient aircraft noise,

but they also help me focus

on getting some work

done rather than chatting

with my neighbor. And for

red-eyes, I can sleep

with them in."

\$300, bose.com

KERLPETERSON, M.D.

Physician, internal medicine, Lenox Hill Hospital, New York City; medical advisor, HealthiNation.com

PAMELA YEE, M.D.

Integrative internist The Continuum Center for Health and Healing, New York City

MENTAL HEALTH SHARON CHIRBAN, PH.D.

Psychology instructor, Harvard Medical School; staff psychologist, Children's Hospital Boston; registered sports psychologist, U.S. Olympic Committee;

consultant, Amplifying Performance Consulting

DIANA L. DELL, M.D.

Assistant professor of psychiatry and ob-gyn, Duke University Medical Center

NUTRITION

SUSAN BOWERMAN.

M.S., R.D.

Board-certified specialist in sports dietetics

ONCOLOGY

ΙΟΗΝΔΤΗΔΝΜ

LANCASTER, M.D., PH.D.

Director, Center for Women's Oncology, Tampa, Florida; chair, department of women's oncology, Moffitt Cancer Center

SEXUALITY

JENNIFER BERMAN, M.D.

Urologist specializing in female urology and female sexual medicine, practicing in Los Angeles; cohost, The Doctors; author, For Women Only: A Revolutionary Guide to Overcoming Sexual Dysfunction and Reclaiming Your Sex Life

DEBBY HERBENICK.

PH.D., M.P.H. Associate director Center for

Sexual Health Promotion, Indiana University; author, Because It Feels Good

RACHAEL L. ROSS, M.D., PH.D.

Board-certified family medicine physician and sexologist practicing in Gary, Indiana; cohost, *The Doctors*; author, Down Right Feel Right— Outercourse for Her & for Him

WEIGHT LOSS

KERI GLASSMAN. M.S., R.D.

President, Keri Glassman, A Nutritious Life; author, The O₂ Diet

TANYA ZUCKERBROT,

M.S., R.D. Author, *The F-Factor* Diet

YOGA

KATHRYN BUDIG

Author; celebrity trainer; vinyasa flow instructor. YogaGlo.com

THE SEX **SPECIALIST**

"Sea-Band bracelets. I get motion sickness on taxis and planes, and wearing the bands minimizes that nausea so I don't need to take any medications. \$10, at Walgreens

Maria Rodale

Chairman and Chief Executive Officer

Scott D. Schulman President

Paul McGinley

EVP, General Counsel, Chief Administrative Officer

Thomas A. Pogash

EVP, Chief Financial Officer

Anne Alexander

SVP, New Content Development

Beth Buehler

SVP, Digital Operations and Strategy

Miranda DeSantis

SVP. Human Resources

Chris Lambiase

SVP, Group Publishing Director

Mary Ann Naples SVP, Publisher Rodale Books

Robert Novick

SVP, International, Business Development and Partnerships

Brian O'Connell

SVP, Business Operations and Strategy

Joyceann Shirer

SVP, Magazine and E-Tail Consumer Marketing

We inspire and enable people to improve their lives and the world around them.

Men's Health Women's Health

RUNNER'S WORLD eat CLEAN

Bicycling GROW OrganicLife RODALE

RUNNING RODALE'S

Prevention Z E L L E RODALE





Rodale Inc. 400 South Tenth Street Emmaus, PA 18098-0099 rodaleinc.com

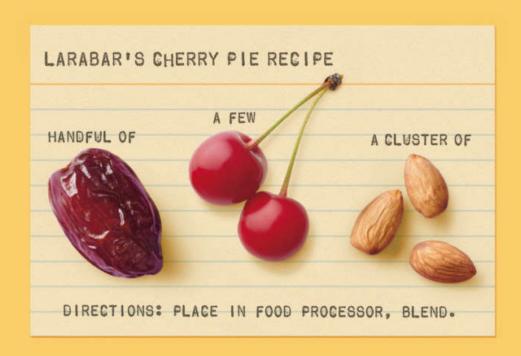








SOSIMPLE YOU COULD MAKE IT AT HOME





JUST THE STUFF THAT MATTERS."
ONLY THREE INGREDIENTS: CHERRIES, ALMONDS AND DATES.

CAN YOUR SKIN GET BETTER WITH AGE?

In a word, yes. But it won't happen on its own. Your skin requires complete protection from the full spectrum of light, as dermatologists have long determined that sun is the main culprit when it comes to skin aging. Skin also needs a restart of the rejuvenation process. Luckily, **PHILOSOPHY'S ULTIMATE MIRACLE WORKER** is the first to protect your skin from the full spectrum of light so it can rejuvenate itself better than ever before.



THE LATEST ON SCIENCE AND SKIN AGING

Until now, traditional sunscreens have only addressed a small portion (7%, to be exact) of the light spectrum—UVA and UVB light. The remaining 93% includes visible and infrared light, which actually accounts for 50% of free-radical damage. ultimate miracle worker with spf 30 is the first anti-aging rejuvenating cream to target the full-light spectrum covering UVA, UVB, visible and infrared light.



POSITIVE REINFORCEMENT

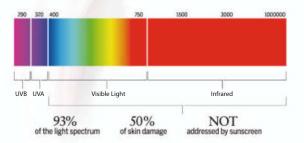
Rejuvenation works like a team – a symbiotic relationship among its members. Likewise, dermatologically proven gold-standard ingredients in philosophy's ultimate worker help to bolster your skin's natural rejuvenation. Patented high-performance bi-retinoid (hpr+) and active plant cells provide multitasking benefits to help rebuild collagen.



THE BEST IS YET TO COME

One of the best aspects about getting older is the realization that you've become smarter, braver and much more confident. Now, thanks to philosophy's ultimate miracle worker, your skin can reflect your positive, healthy attitude toward life and actually get better with age...like you.

FULL LIGHT SPECTRUM



THE ULTIMATE MULTITASKERS

PHILOSOPHY'S ULTIMATE MIRACLE WORKER FOR ALL-IN-ONE ANTI-AGING AND REJUVENATION

- Complete light spectrum protection
- More firm, dense and radiant skin
- Less visible wrinkles and pores

Discover the greatest anti-aging innovation since UV protection! *NEW ultimate miracle worker multi-rejuvenating cream broad spectrum spf* 30 2 oz. \$75

The same ultimate protection and rejuvenation for your eyes! *NEW ultimate miracle worker multi-rejuvenating eye cream broad spectrum spf* 15 0.5 oz. \$70



philosophy: the best is yet to come



the all-in-one miracle for your best skin more firm, dense and radiant, with less visible wrinkles and pores

for the first time, thanks to protection so complete, your skin can rejuvenate itself better than ever before. our exclusive full-light spectrum technology not only defends against the sun's uva and uvb rays, but also targets infrared and visible light. at the same time, our patented bi-retinoid works along with active plant cells to help rebuild collagen and rejuvenate skin's appearance layer by layer. the results are effective on 100% of women,* proof-positive that your skin can actually get better with age.

available at Ulta, Impulse Beauty at Macy's, Dillard's, Von Maur, Belk and philosophy.com

Get V H

HOW TO BE A BIG DEAL

Spike TV's new reality-competition series Sweat, Inc. (Women's Health is a partner!) will award \$100,000 to America's next fitness phenomenon. Here, the tough-but-fair judges offer their best tips for #winning in the boardroom and beyond.



Jillian Michaels on cockiness vs confidence:

"You need to check your ego at the door and learn how to listen, but when it

comes to your dream, there's no place for humility. You must believe in your concept wholeheartedly if you want to convince others of its greatness."



Obi Obadike on selling a big idea:

"Practice your pitch many, many times before bringing it to an important

bringing it to an important decision maker so that when you finally get the opportunity to actually execute it, it'll feel effortless."



Randy Hetrick on powering through: "A winner is someone

"A winner is someone whose belief in her

concept is so strong that it sustains the dedicated effort required to bring it to life—it's the person who is nimble enough to make adjustments but hard-headed enough to never, ever quit."

TUNE IN! Sweat Inc. airs on Tuesdays at 10 p.m. ET/PT, only on Spike

Spike

drybar*

Great Expectations

'Tis the season...to run into your bovfriend at the mall. And even though vou're so over him, it wouldn't hurt to look hoho-hot. Check out our Insta every Saturday morning in November for tips on how to prep for an impromptu reunion with your first love.



LEA MICHELE ON...

The trendy workout she's "OBSESSED" with. Watch her video now at WomensHealthMag .com/Lea.

NO THANKSGIVING PANTS NECESSARY

Nix the poultryand-potato
coma this
year—we had
food bloggers
develop a
bunch of
Thanksgiving
recipes that
come with
built-in portion

come with built-in portion control (think: mini stuffing muffins and personal pumpkin pies!). The menu's at WomensHealthMag.com.

d pies!). The menu's at

Go Blow Yourself

Attention, fine-haired girls: You really can give yourself a

.

voluminous, professional-looking blowout. You've just been doing it wrong, oh, your whole life! Blow-dry queen and Drybar cofounder Alli Webb shows you the follicle 411 in our video tutorial at Womens Health Mag.com.



Workout Bag?

What's in Sara Bareilles's



Find out what else Sara packs in her white and blue striped tote (check out target.com for similar styles) at **WomensHealth** Mag.com/Celeb WorkoutBag.

The soulful singer, whose book Sounds Like Me: My Life (So Far) in Song just dropped, loves to run or walk outdoors and uses yoga to prep for busy days. "I'll do a few rounds of sun salutations in the morning to get my body a little bit active," she says.

Street Style:

Fitness Edition

Strength and conditioning coach

ALENA LUCIANI, 25

in Toronto, Ontario

go-to because they

matter which exercise I'm demonstrating, and strappy-back sport bras always

"High-waisted

leggings are my

stay in place no

take an outfit to

the next style level,"

athletes at Wilfrid Laurier University.

Flash your lats and bra

straps à la Alena with a

drapey, open-back tank

says Alena, who trains

GoMacro Almond Butter + Carob Bar filling before a workout." \$2.89, gomacro.com



Gaiam Yoga Mat "It's not slippery. When you get a little sweaty and your hands are, all of a sudden, sliding out from beneath you, that's tricky." Gaiam Sol-Power Grip Yoga Mat, \$60, gaiam.com

Kiehl's SPF 50 sunscreen "It disappears immediately. Sunscreens can be greasy,

but I literally can't feel a thing with this formula. And it's SPF 50, so I know I'm getting good protection." Kiehl's Super Fluid UV Defense SPF 50+, \$38, kiehls.com





Apple EarPods 'Anything too snug in my ears seems to give me issues when I'm running. These just fit well." \$29, apple.com

Nike sneakers "The color is what drew me to them, but I have low arches.

so it's nice to get really good support They're lightweight and comfortable from the get-go." Nike Free 3.0 Flyknit \$14<mark>0, nike.com</mark>



WHStrona

Readers, you're friggin' all-stars! Keep posting those food and fitness triumphs by tagging your tweets and Instagrams #WHStrong.



"The best extra weight ever! #WHStrong" -@thehousewifelife



"5700'. Mount Dickerman, Mt. Baker-Snoqualmie National Forest. #WHStrong"-@graceshark



"You would never know that part of the huge zucchini in an earlier post was used to make these! #eatyourveggies #WHStrong"-@adoor_able

(we like Lululemon's Wild Tank, \$64, Iululemon .com) and get deets on the rest of her look at WomensHealthMag .com/StreetStyle. Even better: Send snaps of

YOUR killer street style to WHFitnessStreetStyle @Rodale.com, and you could be featured here!

C'mon, get social with us!





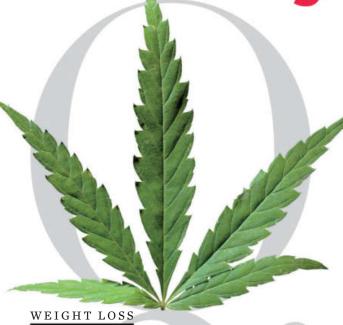








'S OFF-LIMITS. OUR PROS ANSWER ALL.



I keep hearing about the cannabis diet. Wouldn't it just make you hungrier?

Yes, pot is associated with the "munchies." But a study in the American Journal of Medicine found that ingesting it

was linked to a smaller waist circumference, possibly due to interference with the brain's cannabinoid receptors (as your body adjusts to the active ingredients, you may become less sensitive to hunger-inducing chemicals). I'm not saying to start, but if you're a user, you may

Keri Glassman, R.D., founder

see weight-loss benefits.

I'm pregnant and super horny. My husband doesn't feel the same way—does my belly turn him off?

It's less likely that he's turned off and more that he's feeling protective. As pregnancy progresses and your belly gets bigger, he may become fearful of hurting you. And even though your husband still perceives you in a sexual way, it can be difficult for him not to think about (and feel anxious about) another little person being affected by your intimate activity. Reassure him that unless you're on bed rest or there's a concern with the pregnancy, having sex won't hurt the baby. To help you both feel more comfortable, try positions where neither of you will be preoccupied with smooshing your belly, such as doggie style, or lying on your side with him behind you.



Jennifer Berman, M.D., urologist specializing in female urology and sexual medicine; cohost of The Doctors

SEX



l l'But an

of NutritiousLife.com and author of The New You (and Improved!) Diet

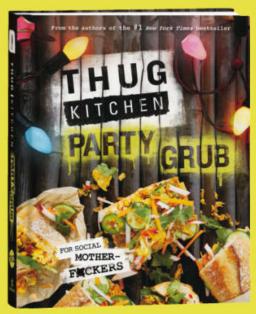
WHAT'S ACTUALLY MORE SANITARY: A BATH OR A SHOWER?
Microbiologists say it's a wash (yuk yuk)—meaning, they're equal. That is, as long as you rinse out the tub f<u>irst to get rid of any sitting bacteria</u>

EAT CLEAN PARTY HARD

PARTY FOUL: Eating a bunch of depressing garbage that you regret the next day.

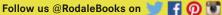
PARTY WIN: Food made with affordable, easy-to-find ingredients that's so good, your guests won't stop asking you for the damn recipes.

THUG KITCHEN PARTY GRUB taking your next gathering to the next level.



ON SALE NOW WHEREVER BOOKS AND E-BOOKS ARE SOLD



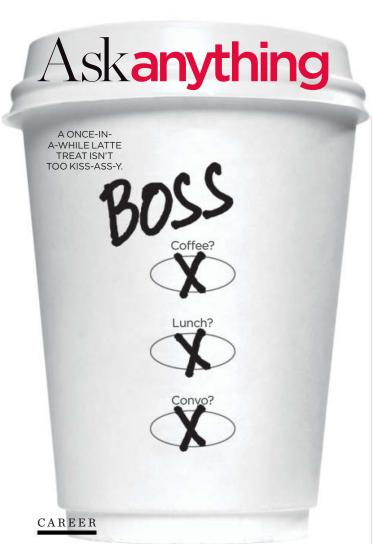








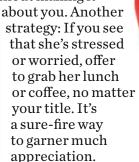




What's the best way to bond with my boss without getting toopersonal?

If you like where you work, you must bond with your boss-regardless of whether you enjoy each other socially. Next time you're alone together, ask her how she feels your division or company is performing. When she responds, repeat back to her what she said in your own words, without adding additional commentary or judgment. She'll value your ability to listen and understand

what's important to her without making it





Guv Next Girl Dow Door the Hall Clint Carter Faye Brennan Clint is a senior editor at Men's Health; Faye is a senior editor at Women's Health. Here, they take sides on your pressing relationship probs.

My BFF's boyfriend picked out a god-awful engagement ring for his upcoming proposal. Do I intervene, or let him go with the rock he chose?

GND: Speak up already!

Aside from the fact that engagement rings are expensive and sparkly, most guys know jack about women's jewelry. The groom-to-be will appreciate your input. He showed you the ring, didn't he? He obviously trusts you enough to hear you out.

The only risk I see is that Mr. No Taste might not be able to return his purchase. If that's the case, be ready to coach him. Let him know that at the moment he springs the big question, his future bride will be so smitten that she won't even care that she's putting on an ugly ring. Once the shock wears off, he should reassure her that if she doesn't like it, he'll have the stone reset into something more aligned with her tastes. Manage his expectations, and you'll give him a chance to prepare his contingency plan.

GDTH: He's not proposing to you, right?

So don't intervene. The ring may not be your taste, or even what you think your best friend would like, but he picked it for a reason—and didn't ask for input. Maybe this rock spoke to him (it reminded him of something he loves about his girl, or he knows she'll appreciate the story behind it). To criticize his choice would be a blow in two ways: Not only are you dissing his taste, but you're taking a jab at his confidence too. He'll think, If I can't even get the ring right, how is my proposal going to go? You want to be responsible for giving the guy second thoughts?! (Your bestie will END you.)

What should matter most is the meaning behind the bling and the future it represents; that's why I bet vour bud will love what he's picked out. If she doesn't? That's up to her to say—and they can go pick out a new one together. As #Feyonces.

THE CONSENSUS: Get the sparkler's background.

Is it exchangeable? Was it chosen on a whim? Do you 100 percent know what your friend wants—and this ain't it? If yes, tactfully steer the dude toward more attractive bling. But if it's a done deal or your personal taste is at play, leave the yea or nay to your BFF.

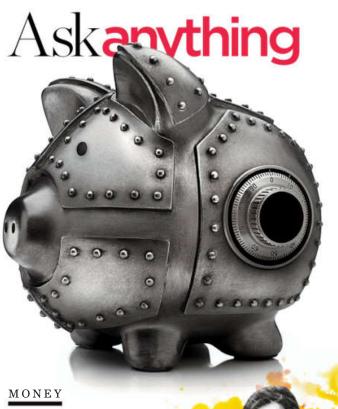
I KEEP WAKING UP WITH A CHARLEY HORSE IN MY CALF. HELP!

Place your heel on the ground and flex your foot to stretch the muscle. But since it's recurring, see your doc—it could be a muscular problem

STUNNER.

IF YOU'RE





I'm trying to save up an emergency fund. Should I invest what I have, or sock it in a savings account?

Save it. Tying up the funds in stocks or other investments not only puts the money at risk of

losing value, but makes it less liquid than if it were just sitting in a regular bank account. The key thing about an emergency fund is that the money be accessible ASAP-that means keeping it in an FDIC-insured savings account. Consider online banks and credit unions, whose rates yield higher returns than brick-and-mortars.

> How old is too old to sleep with a stuffed animal?

> along. (Hi, honey!) In your "friend's" case, here's some criteria she can consider when screening a

Mr. Monkey Doo-Doo? Surely he likes to watch Property Brothers marathons on Saturday

nights? No? Move along, buddy, move along.

Asking for a friend.



Farnoosh Torabi, personal finance expert for NerdWallet.com and creator of SoMoneyPodcast.com



Jessica St. Clair is the costar, cocreator, and a writer on USA Network's Playing House.



My contacts Rx just changed a little, but I still have a bunch in my old prescription. Will it hurt my eyes to wear them?

If the new Rx is within one diopter (a measure of the lens's refractive power) of the old one, you'll likely be fine. If the difference is greater, and you're genetically prone to near sightedness, there's a higher likelihood that an off prescription worn for any length of time could increase strain on the eyes and lead to further near sightedness. Not worth the money you'd save!



Keri Peterson, M.D., internal medicine, Lenox Hill Hospital, NYC



IS THERE ANY MAGICAL WAY TO KEEP MY TIGHTS FROM RIPPING AND SPROUTING HOLES? Hand-wash 'em, put on jewelry after tights, file snaggy nails, and moisturize your hands before you bunch up the tights at the toe.



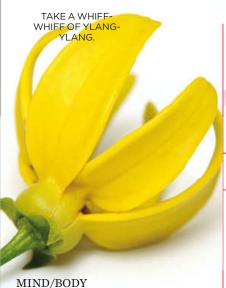


The ideal treat for dogs with food sensitivities.

Oven-baked for crunchy goodness, natural BLUE Basics Biscuits are made with salmon or turkey — proteins not commonly used in dog food or treats — which makes them an ideal reward for dogs with food sensitivities.



Askanything



The smell of lavender gives me a raging headache, but I want to try aromatherapy for stress relief. What else can Luse?

Lavender's the classic, but there are many stress-relieving aromatherapy options. For example, bergamot has a fresh, sweet citrus scent that has been known to create an uplifting and relaxing mood. You can also try rose, fruity-floral ylang-ylang, or woodsy frankincense. Studies have shown that deep breathing with these types of peaceful scents, especially ylang-ylang, is an effective way to induce calm. Do a little trial-and-error to find out how aromatherapy works best for you—diffusion, massages, warm baths—then get to it.



Vicky Vlachonis, M.Sc., OST, osteopath, pain expert, and author of The Body Doesn't Lie; @vickyvlachonis



Kathryn Budig, yoga teacher and author of The Women's Health Big Book of Yoga. Follow her at YogaGlo.com.

YOGA

About how long does it take to be able to do advanced poses, like a headstand?

This is entirely dependent on your level of commitment, body type, and teacher. I've seen advanced yogis who've practiced for 20-plus years unable to find the mobility to fold their legs into lotus, while people who don't even practice voga can flick their legs into the pose in a pair of skinny jeans. We're all built differently, so instead of thinking "advanced," learn to understand the poses. For headstand, the best prep is a dolphin pose—focus on lifting the shoulders, pressing the forearms down, and keeping pressure out of your neck. Dedicated practice of this will give you a great foundation for doing a headstand against a wall with the assistance of a senior teacher. Set your goals high, but don't mark your calendartrust that the poses will present themselves when your body and mind are ready.

WE'RE SERIOUS: ASK US ANYTHING! Send your questions to askanything@rodale.com or tweet them to @womenshealthmag with the hashtag #AskWH.

MY FACE CREAM CAME WITH A PLASTIC COVER UNDER THE LID. KEEP IT OR CHUCK IT? Toss! It's unnecessary, and reusing it (after setting on a counter) can introduce germs.



"My boy has food sensitivities so I started feeding him BLUE Basics. Now he's happy and I'm even happier."

BLUE Basics[®] is a limited-ingredient diet designed to minimize the food sensitivities some dogs experience, while providing them with a delicious and nutritious meal.

We always feature salmon, turkey or duck—proteins not common in dog foods, and BLUE Basics does not include many of the ingredients that can trigger allergic reactions in some dogs.

- NO chicken or beef
- NO corn, wheat or sov
- NO dairy or eggs

If your dog or cat has food sensitivities, ask your veterinarian about BLUE Basics. With both traditional and grain-free recipes, you're sure to find one that's perfect for your pet.

Open your heart & home this holiday

Adopt a pet near you at home4theholidays.org/locations



BlueBasicsPets.com

Love them like family. Feed them like family.®



Available for dogs and cats.



- √ Protein Metabolism*
- √ Cellular Energy*

#1 Adult GUMMY vitamin brand fuses health, enjoyment & delicious natural fruit flavors.



ICE, ICE BABY

Standard cubes in your whiskey?

So vanilla! Your drink can now be chilled with larger, denser (and prettier) artisanal ice. These

frosties come with an unexpected perk: "Ice isn't just for getting drinks cold, but also for enjoying them longer, and the rate of dilution for bigger cubes is pretty slow," says Kim Haasarud, the brand mixologist for Omni Hotels & Resorts. Meaning? Your scotch will still taste like scotch (not scotch and water). Premium rocks look impressively clear (thanks to purified H₂O and a slow-freeze process that prevents trapped air bubbles), and craft cocktail spots are also playing with fruit, herbs, and other flavor enhancers to make their ice cooler than cool.

MAKE FANCY FROST AT HOME BY...

GOING BIG & SQUARE

Boil water (to reduce cloudiness and impurities) and pour it, once cooled, into a mold like the Tovolo Colossal Cube Ice Mold (\$15 for two, bedbathandbeyond.com). Makes cubes that are slightly smaller than a Rubik's Cube.

GOING FRUITY & ROUND

For serious cocktail-party points, use Fruit Infusing Ice Balls (\$10 for four, uncommongoods.com) to freeze some fruit juice, or a fruit garnish in water, so guests can drop 'em into their liquor of choice.

PHOTOGRAPH BY CLAIRE BENOIST

Remember when sunbathers would "lay out" with silver reflectors trying idea! Welp, you might be doing American A cademy of Dermatologyyou'd hold your tech IRL outdoors) they increased the intensity of UV exposure by up to 75 percent. in winter—with a broad-spectrum sunscreen; we like Olay Total Effects dermatologist Joshua Zeichner, M.D. with anti-glare protectors—3M

models (from \$12, shop3m.com).

What WH senior associate beauty editor Jessica Chia learned at the Serge Normant at John Frieda Salon in New York City

eauty

"My dark, highlighted hair turns brassy in a hot minute." Fed up, I asked senior colorist Corinne Adams for a diagnosis. Turns out, acidic sweat from daily workouts can oxidize brunette and blonde hair, giving it a dull, reddish cast. Pre-gym, coat strands from roots to tips with about a tablespoon of coconut oil and slick back into a ponytail. The oil buffers the sweat threat and rinses out in the shower."

WHAT IS IT? Bedroom Eyes

The sultry look of slightly hooded lids (think Hollywood icon Lauren Bacall) that most cosmetic surgeons now believe creates a more youthful appearance than overly taut eye lifts of the past. Superfine fillers, like Belotero, injected under the brow can plump and smooth age-related droopiness, says Barry Weintraub, M.D., national spokesperson for the American Society of Plastic Surgeons. Not into needles? Fake the effect: Brush an eye shadow slightly darker than your skin tone from lash lines up to (but not into) creases, says makeup artist Michelle Radow.

Superlative **Sponges**

FEDITOR INTEL1

Time to graduate from the ordinary wedge. We give high-school-style monikers to a few new standouts.

1 "MOST NONCOMMITTAL"

Vera Mona Color Switch Duo, \$20, veramona.com Applied bronzy blush but wish you chose berry? Just press and swirl your brush into this sponge's high-tech surface to wipe it clean of any leftover pigment (no water necessary!).

"BIGGEST SUCK-UP"

Beautyblender Blotterazzi, \$20, sephora.com If you're a blotting paper addict, consider this sustainable sponge instead: Its flat, foamy surface absorbs excess face oil but leaves makeup intact.

"THE PERFECTIONIST"

By Terry Sponge Foundation Brush, \$36, b-glowing.com The long handle of this foundation blender allows you to easily maneuver it like a pencil, so you can steer the teardrop-shaped edge into tricky spots, like your hairline



MAGALLONES FOR AVEDA/EXCLUSIVE ARTISTS MANAGEMENT, MAKEUP; KIM BOWER PRIANO, PROP STYLING; ALMA MELENDEZ; RIGHTDISC/ALAMY (PILLOW); MATT RAINEY

FOR CHANEL COSMETICS/EXCLUSIVE ARTISTS MANAGEMENT, MANICURE: ANA MARIA/ARTISTS (MAKEUP SPONGES); REFIKA KORTUN/THE NOUN PROJECT (ILLUSTRATIONS)



DEFLATING **NEWS**

Two new slim-down options have been FDA-approved for those with a BMI of 30 or higher-a.k.a. obesity territory. Here, the facts (but talk to your doc, of course).

> SAXENDA

- > WHAT IT IS: A higher dosage of a diabetes shot (called Liraglutide) that a recent study $showed\,can\,help\,overweight$ people, diabetic or not, drop twice as many pounds as those on a placebo.
- >HOW IT WORKS: Your doctor sends you home with Saxendafilled pens, and you inject your upper arm, abdomen, or thigh once daily to quiet hunger pangs. Your M.D. monitors your progress to decide how long you'll continue the shots.
- > THE SIDE EFFECTS: Sticking yourself stings (duh), and initial nausea can occur too.

Source: F. Xavier Pi-Sunyer, M.D., professor of medicine at Columbia University

> RESHAPE **INTEGRATED DUAL BALLOON**

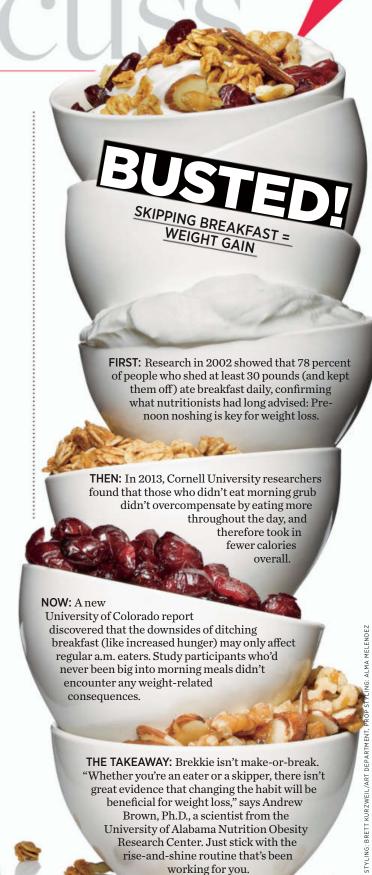
- > WHAT IT IS: Two silicone balloons (connected by a silicone shaft) filled with saline, which, according to a clinical trial, led to an average weight loss double that of people on a placebo. And it's far less invasive than gastric bypass.
- > HOW IT WORKS: In an outpatient procedure, a doc guides the deflated balloons into your stomach via your mouth and fills them up. They chill in your bod for six months, helping you feel full, eat less, and, therefore, drop inches. Your stomach learns to consume less, and fitness-and-food counseling helps you stay slim.
- > THE SIDE EFFECTS: Nausea is possible, but meds can help. The \$6,000 bill? May be tougher to swallow.

Source: John Morton, M.D., chief of bariatric and minimally invasive surgery at Stanford University

HOW SAFEISIT?

Five-Day Fasting

Imagine eating a restricted diet for just five days, then eating whatever you want for the rest of the month-and still losing belly fat. You dig? Here's where it gets dicey: This soon-to-debut meal plan (called the ProLon diet) is low in protein, high in fat, and meager in cals (about 700 to 1,000 for each of the five days). And though some research has shown weight benefits from part-time fasting, "it must be done under medical or R.D. supervision," says Valter Longo, Ph.D., who studied ProLon's weight-loss potential. Plus, the "eat whatever you want afterward" bit could lead to yo-yo dieting, says Keri Glassman, R.D. "You're better off with consistent, healthy meals and small indulgences, versus going to extremes."



Brown, Ph.D., a scientist from the

University of Alabama Nutrition Obesity

Research Center. Just stick with the

rise-and-shine routine that's been

working for you.

TOGRAPHS BY CLAIRE BENOIST

FIND NEW ROUTES WITHOUT LOSING YOUR WAY

runWestin[®]



Westin offers localized running maps, so you can take your run outside. It's just another way we help you stay fit when you're on the road.

Learn more at westin.com/movewell

For a better you."



spg.
Starwood
Preferred
Guest

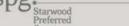
© 2015 Starwood Hotels & Resorts Worldwide, Inc., All Rights Reserved. Westin and its logo are the trademarks of Starwood Hotels & Resorts Worldwide, Inc., or its affiliates.







THE LUXURY COLLECTION











GIVING BIRTH IS FUNNY NOW!

Okay, so Steve Martin won't be making appearances, but more hospitals in the U.S. are using laughing gas for labor. The pain-relieving method used to be popular before the epidural took over in the 1980s. How the two compare:

	Laughing Gas	E pidural
HOW IT WORKS ADMINISTERED VIA	A face mask, in which you voluntarily inhale nitrous oxide	An injection with a medium- size needle (and tiny tube) in your lower back
HOW IT WORKS	Takes the edge off, but you can still feel pain	Numbs you from the waist down so you feel only pressure
RELIFE! ASTS	Only a few minutes, which is why you should take a hit as soon as you feel a contraction coming on	Through delivery and typically wears off an hour afterward
RIG ADVANTAGE	Pain relief via euphoric distraction (not needles or numbness)	You're fully awake and aware for your baby's birth
SIDE EFFECTS	Light-headed, loopy giggles— if you call those a side effect	Soreness in the pricked spot and queasiness from a drop in blood pressure

Source: Edward Yaghmour, M.D., chair of the American Society of Anesthesiologists' Committee on Obstetric Anesthesia

100-WORD RANT

Very Light Smoking

We all know that smoking is the worst. It can cause stroke, heart disease, tooth decay, cancer of the throat, stomach, pancreas, liver, and lungs...on and on. Yet nearly two-thirds of young women still indulge in "very light smoking"-defined as five or fewer cigarettes each day. Not smart. No matter how many you puff-one during your lunch break or a few bummed off a friend at a party-you're still inhaling nicotine and tobacco and are at risk for these diseases. Plus, even the occasional drag can be a bitch of a habit to kick. Replace your tokes with something that satisfies your fingers-to-mouth fixation: Gnaw on fruit, chew gum-heck, chew on your pen! Just ditch the cigs, 'k?

HEALTH HACHERS TIPS TO KEEP YOUR INFO SAFE Y Y Y

LOCK IT UP ONLINE OR

YOU'RE ASKING

FOR TROUBLE.

What's scarier than an Ashley Madison hack? This stat: In the past two years, 91 percent of health-care organizations (insurance companies, M.D.'s offices, clinics) say they've had at least one data breach that leaked patients' secure online info, including birth dates and social security numbers. Attackers can steal scripts from your doc and even botch your future checkups: 10 percent of people say they have been misdiagnosed or mistreated based on fraudulent medical records (e.g., your health history gets mixed with the hacker's blood type. Shudder.). Protect yourself, woman.

1 / Don't fill out your social security number on patient forms. It isn't relevant to your medical care, and you don't know if the office's computers are secure. Your physician will use your insurance subscriber number to submit claims anyway, says Ann Patterson, SVP, program director at Medical Identity Fraud Alliance.

2 / If you receive an e-mail or phone call from an unfamiliar health company asking for your info, don't give it up. And even if your physician's office calls asking for personal info, say that you'll call them back—that way you can contact the office directly and know for sure that you're speaking with the right people. 3 / Never log in to health or medical sites using public Wi-Fi (it's an insecure connection that makes it easy for hackers to infiltrate your data). And make sure your passwords to these sites are strong as hell: No more "QWERTY" or "123456."



findyourfit



chargеня





Make the most of your workouts with **Fitbit Charge HR**." With continuous wrist-based heart rate and all-day activity tracking, Charge HR gives you the stats and motivation you need to reach your goals. No matter what path you're on, find your fit.

















SOOTHING TENDER TWINS? NOW THAT'S THE TITS!

Exercising can be a real pain in the...boob? Yep, breast pain is one of the top reasons women stop a workout—or skip it altogether, says a new study in the *Journal of Physical Activity & Health*. Make sure yours don't drag you down.

1 / FINALLY FIND THE PERFECT BRA

You want it to be comfortable, sure, but you need it to be supportive, especially if you have big boobs. A sports bra with thick, gel-filled straps, like Under Armour's new Armour High (\$55, ua.com), promises both.

2 / TREAT 'EM LIKE MUSCLES

If your ta-tas hurt after a workout, massage them with your fingers to increase blood flow. Or ice them (over your shirt, under your armpits). Sounds odd, but it can reduce post-sesh inflammation.

3 / CUT BACK ON CAFFFINE

How does coffee relate to your knockers? Well, caffeine can cause cystic changes in the breasts, which, though harmless, can lead to sensitivity for some women. Try switching to decaf java for a week or two to feel relief.

 $Source: Alyssa\ Dweck,\ M.D.,\ an\ obstetrician/gynecologist\ and\ coauthor\ of\ V\ Is\ for\ Vagina$

BUFFOR BLUFF?

Stomach Vacuuming

Bluff! Sucking in your belly as hard as you can while inhaling and exhaling is purported to sculpt a six pack. But it does no such thing. Worse, it's a flawed breathing pattern "that stops your

diaphragm from ascending and descending naturally,

which can create spinal stability issues, upping your risk for injury," says high-performance trainer Brandon Marcello, Ph.D.

During core moves (see page 74 for our new faves), inflate your tum on the inhale. On the exhale, don't pull your navel into your spine—tighten your abs as if you're awaiting a punch. And to truly blast belly fat, focus on diet, lifting, and cardio intervals.

i.....i

A Fitter Black Friday

Standing in line at the mall won't burn off those
"Turkey Day" cals. Instead, get your bonbon to any
Gold's Gym the day after Thanksgiving for a free
workout—member or not. Find your spot at
goldsgym.com. No GG near you? Many
clubs have a free trial pass—all



FOOD STYLING: ED GABRIELS/HALLEY RESOURCES (MELONS); MAONAKUB/ISTOCK (WEIGHT); ALLEKO/ISTOCK (TURKEY LEG); COURTESY OF CUPID" UNDIE RUN; COURTESY OF THE COLOR RUN 5-K; COURTESY OF INSANE INFLATABLE 5-K; COURTESY OF BATTLEFROG; COURTESY O

Fun Runs for Everyone!

Organized races are stepping up their game. Use this entertainment-versus-effort scale to pick a nationwide event that's perfect for you.

JUST FOR KICKS



1. Cupid's Undie Run

This February, dress in only your favorite lacy unmentionables and run like a wild woman for one awesome "Shit, it's cold!" mile. cupidsundierun.com



2. The Color Run 5-K

Get doused in a different hue of bright powder at each kilometer, then throw some shades yourself at the rainbow after-party. thecolorrun.com



3. Insane Inflatable 5-K

Giant blow ups (mazes, wrecking balls) catapult you through the run, and an epic slide greets you at the end. insane inflatable5k.com



4. BattleFrog

Former Navy SEALs designed the 25-ish obstacles in this 8-K run to be tough but doable. You'll climb ropes, squeeze into tight spaces, and run with 45-pound bags. battlefrogseries.com



5. Spartan Race

The course can range from three to 13 miles but always has 20 or more WTF hurdles, like jumping over fire (all obstacles optional). Training is a must. spartan.com

THE NEWEST THING IN BATTERIES ISN'T 100% NEW.

Introducing *Energizer*_® EcoAdvanced[™]



LET'S TALK ABOUT...

SEXTING

Seductive? Capital-S stupid? I keep hearing mixed advice.

As do we! A new study from Drexel University found that 88 percent of U.S. adults surveyed online admitted to texting naughty _nothings. It's also a suggested tactic in couples therapy because its secretive nature can add an element of emotional intimacy , says tech and sex expert Robert Weiss, L.C.S.W.

Okay, but I'm guessing sending a shot of my thong-wearing bum isn't what Weiss is talking about, huh?

You got it. Word-based texts and photos are two very different things (the above study failed to separate them). And research has found that if a photo sext is shared with a third party , at least three other people will see it! .

Definitely don't want my naughty bits trending, but could use a little sexual excitement over here...

Suggestive, rather than explicit, messages can get you just as hot and bothered. Shooting your man a text that says, "I can't wait to get naked with you tonight may be a lot less risky than, you know, actually showing him your naked bod. Better yet: Stick to cryptic messages that only your guy will understand. Or emojis. 343333

Which fantasy is the most common for couples to role-play?



DOCTOR/ STRANGERS PATIENT

BOSS/ **EMPLOYEE**

D STRIPPER/ CUSTOMER

ANSWER: A! A recent survey found that the majority of men and women are most aroused by the thought of doing it with a random. "This fantasy highlights the human desire for novelty and the unpredictable, even though sex is often more satisfying in a loving relationship," says sexologist Jessica O'Reilly, Ph.D., author of *The New Sex Bible*. If you're jonesing for a onenight stand with "Derek," act out a sexy, first-meeting scene with your partner based on your turn-ons—have him come on to you at a bar or bravely rescue you from a pretend danger, says O'Reilly. "Oh, my hero!"



told Nylon

magazine of her sexuality.



Bi Chance

Kristen Stewart and Cara Delevingne have been proudly open about their unconventional love lives—and such fluid sexuality isn't just flowing in Hollywood. According to a new YouGov study, 31 percent of Americans under

 $30\,place\,themselves\,somewhere\,on\,the\,scale\,of\,bis exuality\,(as\,opposed$ to identifying as 100 percent hetero). This doesn't necessarily mean there's been a major shift in our sexual preferences, says Elizabeth Aura McClintock, Ph.D., a sociology professor at the University of Notre Dame. We're just being more up-front about our tastes (hey, love is love!). Whatever your attraction, don't get caught up in defining it. "The label that's right for someone at one point in time might not fit them later in life," says McClintock. "Sexual identity doesn't have to be seen as a lifetime commitment."



TWITTER ME THIS

"Mustaches are not just for men. Oh no the whole family can support you thru @Movember although I let #thewife off;-)" -Nigel Barker (@NigelBarker)

The famous fashion photog is right: #Movember isn't only for dudes who can sprout facial hair for a month! We can join in and bring attention to men's health issues, such as testicular and prostate cancer, too. This year, for the first

time, women can register at movember.com (with or without their guys) for MOVE, a 30-day promise to stay physically active and raise funds for men's health initiatives—no fuzzy upper lips required.





101 Ways to Use finipil®

Originally created for comfort and safety after and between hair removal treatments, finipil® is an incredible moisturizer and sanitizer with endless uses. It treats blemishes, and soothes and cools skin irritations, rashes, and itching. finipil® is a patented, FDA-registered antiseptic cream that destroys 99.999% of bacteria ... which is why customers call it a "must-have" lotion for so many things.

What will you use finipil® for?

Endorsed by Professionals
To order, call 800.247.2405, visit thebodyperfect.com, or ask for it at your favorite salon!

#LOVINGMYFINIPIL OOM

THE BODY PERFECT®

Lovin' my finipil ... The Body Perfect.com

MADE IN THE USA ©2015 Equibal Inc. All Rights Reserved.

STEEP THOUGHTS

MAY THE FORCE OF WARMTH BE WITH YOU! **29 PERCENT** OF

AMERICANS GRILL THEIR FOOD

OUTDOORS IN WINTER (BRR!)

despite how these peeps may look (shivering in the name of charred grub), they're not a bunch of kooks. "We crave heartier meals this

time of year, and the grill delivers lots of flavor to meat and veggies without added fat," says Melissa Joy Dobbins, R.D., a nutritionist in Chicago. And don't mind us: We'll just be tending the coals with

the coolest-slash-quirkiest tools, like these Star Wars Lightsaber

BBQ Tongs from Underground Toys (\$35, kohls.com, pictured in the

The Force Awakens, in theaters this December, they make the iconic lightsaber sound at the slide of a button. Duel by the grill? It's on.

Survey source: Harris Poll

hands of Darth and Luke). Released in time to celebrate Star War.

Tea and crumpets? Save it for when Kate Middleton is in town. The latest trend in tasting menus pairs the ancient bevvie with food you actually eat.



"LUKE, I AM

YOUR...WEINER-COOK-OFF CHALLENGER."

SALAD A fresh arugula, grape, and vinaigrette salad matches white's subtle flavor profile (which can also cut through lush Greek yogurt).









PU'ERH TEA + STIR-FRY Heavy or oily grub, like a Szechuan-style stir-fry or a perfectly seared steak with sautéed onions, is made for Pu'erh's depth and earthiness.

Source: Billy Dietz, a tea specialist at DavidsTea







Start your day on the plus side of delicious with Quaker® Real Medleys®. Try new Summer Berry Granola as a delicious snack or topping that's loaded with crunchy clusters plus real fruit. And there's new Banana Walnut Oatmeal+, complete with super grains and packed with bananas and crunchy nuts. #QuakerUp

style+Deauty

Seek. Hide. Glow.

Flawless skin: Come out, come out, wherever you are! Better yet, get ahold of the latest foundations that blur all the lines and airbrush away the blotches—so Instagram filters don't have to.

 $By\ Meirav\ Devash$

Friday factoid: Photographers used to cover photo lenses with fine gauze to give their subjects a soft, filtered effect. We've come a

long way, baby!

Progress...or narcissism? Cosmetic surgeons say patients who once requested celeb features now come armed with their own ultra-filtered selfies. And when you're your own muse, inspiration is errywhere. About 1 million selfportraits are taken daily, and more than a third of these are retouched with any one of 20-plus Instagram filters (or a parade of photo-editing apps). Yahoo Labs reviewed 7.6 million Flickr

photos and found that doctored shots were more likely to be viewed and draw likes.

So where's the filter for real life? Especially since by 2016 (uh, in a couple months!), our mobile devices will boast 4K tech (way high-def) that'll capture lines and pores like never before. Reach for a new breed of foundations, says makeup artist Beau Nelson, a former photo retoucher. He spills on the best formulas—we give them filter names for fun!

HIGHER-DEF

PORE-GASM

HOUDINI

EVEN STEVEN

4EVAH











Product: Make Up For Ever Ultra HD Stick Foundation (\$43. makeupforever.com)

Best for: Women with normal to dry skin who prefer medium coverage. (Acne-prone? The thick-ish formula may be too much.)

The deets: Listen up. tourists, this is what you call a true selfie stick. Make Up For Ever has always been known as the techiest of bases, so when news of 4K dropped, the company had its geek squad of cosmetic chemists reformulate its original, best-selling HD line. The upgrade cradles its teeny pigment particles in amino acids for a blurring effect, reflects light with sericite minerals, and plumps skin with dewy hyaluronic acid spheres. Bonus: "This stick doubles as concealer," says Nelson.

Product: Stila Perfectly Poreless Putty Perfector (\$39, sephora.com)

Best for: Those with normal to combination skin who want to erase pores or acne scars

The deets: If you've got massive pore probs, send 'em to this shrink. A clever new mashup of cream foundation and pressed powder, it's the closest thing we've seen to pore kryptonite. Tap it on your skin with the sponge (it'll feel like a healing clay as it's applied-almost spa-like, in fact). Then blend into oblivion for a clean matte finish that also moisturizes. Or just use your fingers to seamlessly fill in any dent or pockmark that's been driving you bananas. Toss the no-spill solid in your bag for touch-ups.

Product: Marc Jacobs Re(marc)able Full Cover **Foundation Concentrate** (\$55, sephora.com)

Best for: All skin types who want full coverage without a masklike feel

The deets: This formula is mega-pigmentedwe're talking the coverage of a saturated concealer that'll nix the darkest of birthmarks and the honkiest of zits. Yet it's anything but tacky. Why? Its patented golden mica pigments are enveloped in liquid droplets that melt color into skin (22 shades, BTW). So you get twice the intensity of a typical foundation in a base you can barely feel. Using the special dotting applicator, place three or four small dabs on your forehead, nose, and cheeks, and using circular motions. seamlessly blend into skin with a damp sponge.

Product: Clinique Beyond Perfecting Powder Foundation + Concealer (\$27. clinique.com)

Best for: Normal to oily types with pigmentation and redness. (Skip this one if you have a dry complexion, since powder formulations can exaggerate crepiness.)

The deets: "This powder has a hint of sheen for a soft-focus look," says Nelson. Double-milled to a superfine dust, it gently evens out skin. The formula feels creamy going on and absorbs shine without parching (props to glycerin and murumuru butter for locking in moisture). Use the teardrop-shaped sponge to build coverage in thin layers: the pointed end is designed to nestle into tight spots around the nose and under the eyes.

Product: Sally Hansen Airbrush Face **Makeup Foundation** (\$10, at drugstores)

Best for: Gals who want buildable coverage that lasts 10 hours—for 10 bucks

The deets: The silicone mix lends serious staying power. Close your eves and spray the mist on your face in a Z motion, starting at the forehead and ending at the chin; blend with a makeup sponge. Use a headband to protect against accidental beige highlights.

GET HOSED! Models and brides swear by Temptu foundations that use real airbrush guns. But the price (\$325. temptu.com) and size (a canister! a hose!) have kept us away. Until now. At over \$100 cheaper. Temptu Air fits in your palm. Pop one of 12 color pods into the gun, press, spray. Perfecto.



Be shady. Hard, direct sunlight draws attention to wrinkles or uneven skin. Get to a covered porch or awning—or any spot that's not in direct sun-for a more diffused, forgiving look.

Find your night-light. "At a dark club or low-lit party, use the flash to evenly light your face, avoiding sharp shadows," she says. Whether p.m. or a.m., don't pose under fluorescent overhead bulbs; they'll reveal Saturn-size undereye rings, no matter how amazing your concealer.

DIY a light meter. Hold out your hand with your palm forward in a "stop" gesture. Check how the light looks against the back of your hand. Even glow? You've found the sweet spot.

Stay composed. Turn on the Grid option and position the four intersecting points where you want to draw attention (say, your eyes and shirt). The resulting pic will have viewers moving from point to point and skipping over any imperfections before hitting "like" and scrolling on to the next shot in their feed. ■





Softer, smoother skin after just one shower.

With our most effective skin-natural nourishment, feel the difference it makes to your skin.

To learn about our breakthrough formula, visit Dove.com









LASTING LOVE!

From first date to kisses and cake... Capture that gorgeous glow of falling in love. And make it last and last!

TRY THE OUTLAST COLLECTION FROM COVERGIRL @COVERGIRL.COM/OUTLAST

OUTLAST LONGWEAR LIPSTICKGorgeous color powered with moisture—lasts hour after hour.

OUTLAST ALL-DAY LIPCOLORStays on, stays kissable for up to 24 hours!

OUTLAST STAY BRILLIANT NAIL GLOSS

High gloss color that lasts up to a week.





BIG Freakin' Deals

Why, you ask? Because the latest voluminous looks marry height and width with softness, even wispiness! The only hair spray involved, if at all, is a finishing spritz.

By Hannah Morrill



Deconstructed Loop

>Mist damp roots with a hairstylist Riawna Capri

Edgy Bouffant

>Massage dry shampoo into

>Divide the hair into three a bobby pin. Do with the next few inches but pin to the right.

>Split both sides into a top and bottom section, then twist each back toward the nape to pin. Spritz with hair spray.

>Divide hair into two sections the top chunk out of the way, and pull the bottom into a ponytail. those pieces around your finger and up to the elastic and pin. "sprinkle volumizing powder around the crown; tease small sections with a teasing brush,' top so they lie over the tail. Bobby pin to the elastic. >Gingold used bobby pins to secure blossoms to the bun.

JULIANNE

HOUGH

Faux Bob

>Here's the simplified version of how hairstylist Orlando Pita created this sculptural style: Mist damp hair with volumizer, then rough-dry. Tease from roots to ends. (Fragile-haired folks: at your own risk.]

>Wrap a wide satin ribbon around your hairline, and knot securely at the nape.

>Starting at the ends, and taking sections as big as you can manage, roll hair under and upward and pin the coil onto the bottom of the ribbon; use as many bobby pins as you need. Repeat over your entire head. >Lightly mist the back of the roll with hair spray.



GET IT UP

Presenting...the modern tools for scoring incredible body



Spornette Little Wonder Boar Nylon Bristle Teasing Brush (\$8. spornette.com) Hairstylist Mark Townsend prefers a teasing brush to a comb to keep hair from knotting.



Dove Oxygen Moisture Root Lift Spray (\$6, at drugstores) "This volumizer won't $make\ your\ hair\ feel\ sticky$ or weighed down," says Townsend.



Bumble and Bumble Prêt-à-Powder (\$27, bumbleand bumble.com)

 $"Texturizing \ powders \ add$ meat to hair," says hairstylist Garren.



Conair Velcro Rollers (\$6. riteaid.com) $"Velcro\ rollers\ are\ the\ best$ $way\ I\ know\ to\ give\ strands$ that va-va-voom volume," says Garren.



John Frieda Frizz Ease KeraFlex Flexible Hold Hairspray (\$10, at drugstores) Key word: flexible. Sets your style but keeps hair soft. No crispy-glue feel!

DANIEL

TO P.:



Puffed-Out Pony

"This style is a study in contrasting textures," says hairstylist Jawara

>Mist the ponytail with texturizing spray, split into three sections, and braid each one. Secure with elastics. Flatiron each braid to lock in the crimped pattern.

>Wait 10 minutes, then take out the braids and brush gently. (How big and puffy the tail gets will depend on your hair's natural texture.) A mix of more texturizing and hair spray will keep it from deflating.



Billowing Waves

>Hairstylist Guido Palau doused the models' damp hair with volumizing spray and blew it dry while tousling with his fingers.

>He parted the hair deep on the side, then made tons of curls with 1-inch and 11/4-inch irons, securing each loop to the head with bobby pins.

>After about 15 minutes, unclip the curls and break them up with your fingers and a boar-bristle brush.

>Tease along the hairline, then pull that section across the forehead and fasten with a few bobby pins above the outer corner of the brow.

>Finish by misting with hair spray.



>After blasting roots with volumizer and rough-drying, hairstylist Thomas Dunkin placed three 2-inch Velcro rollers horizontally along the top of McAdams's head.

>After 10 minutes, he removed the rollers, then braided only the bottom two-thirds of her strands, starting behind the left ear.

pieces from the top into the braid to make it playful and haphazard," Dunkin says.

>Once finished, tug on both secure with a clear elastic and spritz on hair spray



CLOCKWISE FROM TO IMAXTREE.COM; CRA PETER CARRETTE AF STEVE GRANITZ/WIF

LARGE... AND IN **CHARGE?**

Careers, like hairstyles, have their ups and downs-even when you're Cindy Crawford.



1989 Did a gig

hosting House of Style at 23 go to her head-er, hair?



1991

Big mane and big love for new hubby Richard Gere at the Oscars.



1993

Pumped waves help land her on People's 50 Most Beautiful People list.



AT MARC **BY** MA**RC JACOBS**

1995

Her movie, Fair Game, tanks, but her hair gets a "boost" on the red carpet.



1997

Her marriage to Gere behind her. she got her life-and her hair-straight.



2005

Bangs, layers, and the launch of Meaningful Beauty, her skin-care line.



2015

A new book, Becoming, and a sexy new tousled look. ■



Touchy Subjects

Certain fall fabrics can make your skin wig the eff out. Grounds for a wardrobe edit? We think not. Follow our flowchart to treat and prevent all the (worst) feels.

By Jessica Chia

Fashion Emergency?

Hit an allergist's or derm's office if irritation from something you wear lasts longer than a few days. Though uncommon, these allergies are often caused by textile dyes, the plastics in stretchy fabrics like spandex, and the formaldehyde resin in "permanent press" clothes.

WHY IS MY SKIN SO ANGRY THAT I'M WEARING...

YIKES! HOW CAN I FIX IT NOW?

Heal skin by dabbing antibiotic bacitracin ointment onto any

spots that've gotten scraped, Buka says. Try Neosporin First

Aid Antibiotic Ointment (\$8, at Walgreens). Top with a

bandage so it stays in place when you're wearing fitted clothes.

This fabric traps sweat on skin's surface—which could lead to bacterial acne if you wear it too long. The other issue? Once you disrobe, the sweat evaporates suddenly—your brain may interpret this quick switch as irritation and itchiness, says Luz Fonacier, M.D., an allergist in Mineola, New York, and spokesperson for the American College of Allergy, Asthma, and Immunology.



The sharp disks look flirty but play dirty. They can make tiny cuts in your skin, particularly under your arms, which are likely to scrape up against the scaly outside of anything sleeveless, says Bobby Buka, M.D., section chief of dermatology at Icahn School of Medicine at Mount Sinai in New York City.

Trendy, if not friendly: This denim's mega sturdiness can cause what's known as friction irritation, Buka savs. Translation: It's rubbing you in all the wrong ways, leaving high-friction spots (like the inner thighs) red and chafed.

The rough fibers in wool (and in fellow fall materials tweed and brocade) can serve up a constant prickling sensation that'll set off your body's itch alarms, so you'll feel the need to scratch, stat, Fonacier says.

arayayayayayayayaya



YIKES! HOW CAN I FIX IT NOW?

You need moisture—but it's key to first shower off the dried salty remains of your sweat (otherwise your lotion will seal it in-ick). Use a fragrance- and alcohol-free ointment, says Fonacier, Try Skinfix Eczema Balm (\$18, at Target).



WHAT DO I DO **NEXT TIME?**

If you know you'll be active in a sequined top or dress (wedding reception dance floor, baby!), choose longer sleeves to shield skin from abrasiveness. And skip the washing machine—the fragile disks can bend or break, becoming even meaner, says John Mahdessian, owner and president of Madame Paulette dry cleaning in New York City. Take to the dry cleaner or hand-wash.



YIKES! HOW CAN I FIX IT NOW?

Apply a thin layer of an OTC 1 percent hydrocortisone cream—it has mad anti-inflammatory skills-wherever you're feeling the itch, recommends Buka. Try Aveeno Hydrocortisone 1% Anti-Itch Cream (\$5, at Target).



WHAT DO I DO NEXT TIME?

Consider wearing Spanx or leggings under raw denim to prevent thigh chafing, and with wool, choose softer types, like merino. Washing these clothes with fabric softener can help too, Mahdessian says. Finally, avoid body scrubs and loofahs before wearing. "If there is already inflammation from exfoliation, even a small amount of chafing from rough fabrics can worsen the itch," Fonacier explains.

WHAT DO I DO **NEXT TIME?**

Bummer is, there's nothing you can do to alter the smothering sweat game polyester likes to play. Your move: Go for pieces that aren't supertight, and dust your body with baby powder beforehand—the talc temporarily absorbs perspiration.

C C C C C C C C C C C C C Tell Me About It, Stud

Studs and snaps can get your skin all pissy too. Typically made with nickel, a common allergen, they can leave behind red, irritated marks, Buka says. With studs or snaps exposed on the inside of a garment, swipe clear nail polish on the back of them the night before wearing (this will come off in the washing machine). Or snip a one-inch square from an old T-shirt and sew it over the back to cover it for good.







- UNCAP FLAVOR -

'Tis the season for new Mint Cocoa Lip Balm and all the naturally moisturizing flavors of Burt's Bees."





Society, \$65, solesociety.com

Verloop, \$25, verloopknits.com

KELLEY O'HARA

CHOCOLATE MILK

PRO SOCCER PLAYER

> NUTRIENTS TO REFUEL PROTEIN TO REBUILD BACKED BY SCIENCE

> BuiltWithChocolateMilk.com



LONG

Whether a structured menswear-inspired overcoat or a feminine duster, this style simply can't look disheveled. Slip a slim-fit knit dress underneath and own every room you walk into.



IN JUST



DAYS*
YOU'LL SEE A
TRULY
RADIANT
SMILE



Cleans

Whitens

Repairs

Strengthens Enamel



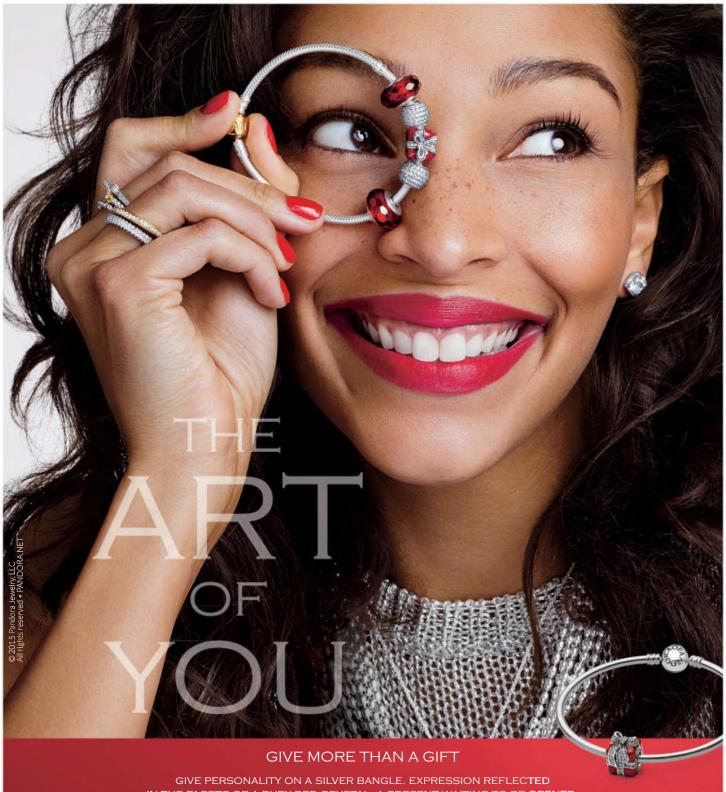
SWITCH TO ARM & HAMMER". LOVE IT OR YOUR MONEY BACK.**

TRY IT FREE at FreeTrulyRadiant.com

PEA/TOGGLE

Now entering Classictown, USA. To ensure you don't veer into Dullsville, look for crisp colors, chic details, or unexpected prints. Keep the surprise factor high by pairing with a sporty hoodie.





GIVE PERSONALITY ON A SILVER BANGLE. EXPRESSION REFLEC**TED**IN THE FACETS OF A RUBY RED CRYSTAL. A PRESENT WAITING TO BE **OPENED**.
SHARE THE #ARTOFYOU AND EXPLORE AT ESTORE-US.PANDORA.NET

THE GIFT: HAND-ENAMELED GIFT CHARM WITH PAVÉ BOW ON .925 STERLING SILVER BANGLE

PANDÖRA

PUFFERS

Pseudo sleeping bags that add 10 pounds and zero style? Nope: These puffers are both thinner and warmer than ever (high five, technology!)—and happen to look amaze with I'm-so-rustic plaid shirts.



Age defying comes to lip care.





PARKAS

High-fashion brands and heritage makers alike have brought the arctic staple's sleet-resistant outers, insulated inners, and fur-lined hoods into It Girl territory. Chunky T-neck = even more effortless cool.

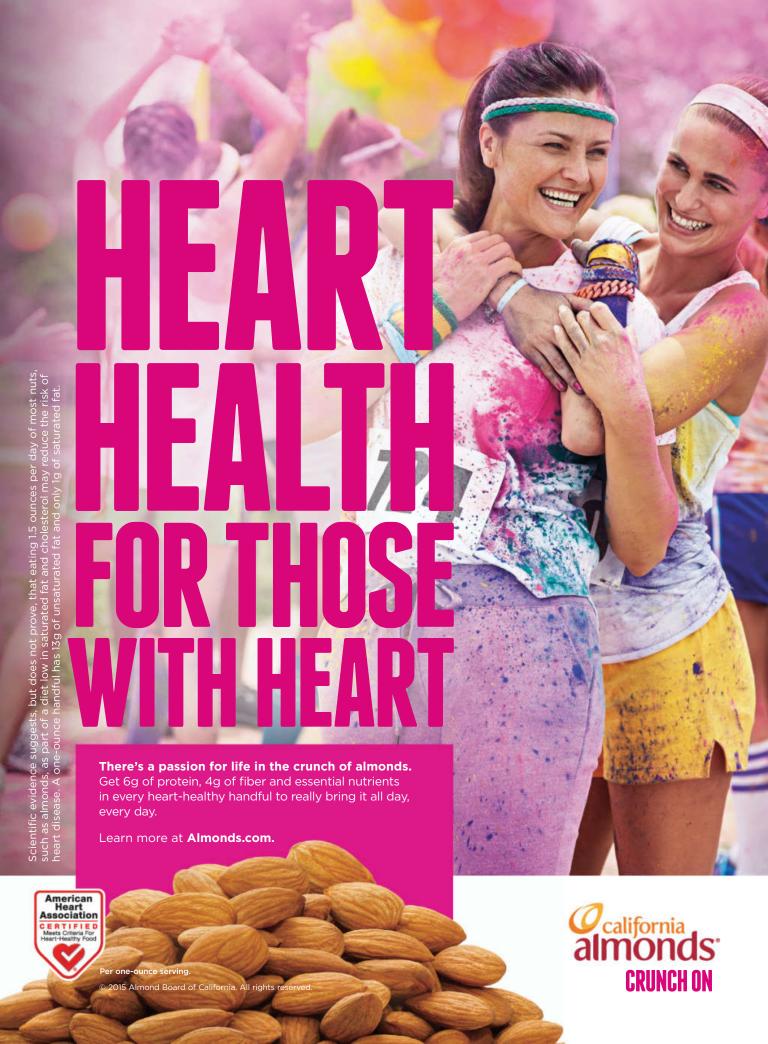




WIPE YOUR SLATE CLEAN WITH CLEANRIPPLE® TEXTURE

GO COTTONELLE GO COMMANDO







67



Crush Your Fringe-Hour Workouts

Sweating in the dark is akin to sleeping when it's sunny: It goes against nature. Good thing these expert tips will have your bod suspending disbelief.



Do your a.m. routine (wash your face, swish with mouthwash) before you leave. "You'll feel like you're starting your day rather than tacking on a workout before your day begins," says Lisa Keller, owner and coach at Multisport Training of Alaska.



Pick Your CueUse audiovisual cues to signal it's go-time: e.g., flip on the TV at 6:30, then get up when you hear the weather (same time every day). Clocks make delays too easy ("10 more minutes!"), but a cue helps form a habit, says Keller.



Been lying in bed or sitting all day at work? Moving your feet instantly wakes up your bod, says Keller. Spread your toes, rotate your ankles—in minutes, the mind-body connection will help you want to move.



Rejigger Your Meals For late nights, aim to finish 90 percent of your cals pre-workout, says Jon Mason, head coach at MP Multisport in Colorado. An hour before your sesh, eat a "dinner snack" (banana with almond butter). Then, postsweat, have a small salad.



ACHIEVING A BETTER FORM IS WITHIN REAGH

From yoga to the gym, if you workout, chances are you need more protein to get stronger. But do you really want to add 2 more ounces of peanuts to your diet, daily? That's why EAS has the protein your body needs in the forms you love to help you get stronger, get better, and get there quicker. All you have to do is reach.

YOUR BEST IS WITHIN REACH

Katie Yip Yoga + Pilates Instructor







KICKS WITH KICK

Bright-idea prints. Awesome patterns. Shoes are going futuristic with innovative reflective makeovers. Two that are lighting the way:

Most brands use reflective swatches to add small details, like a logo. These boots use that same shine-on fabric to create something far more inspiring: a graphic satellite view of the Himalayas. \$120, adidasoutdoor.com

at a table to the test





PROPS THAT POP

At the very least, stay

safe with a few crucial

accessories. The key, per

research: Wear'em around

major joints (ankles, elbows,

knees) to show you're a moving person, not a parking sign.

Remember the slap bracelets of the '90s? The late-night version has a red LED backlight and a web of illuminating nylon—wear it on your wrist while jogging or fling it around your ankle for cycling. So versatile! \$12, niteize.com



You need this in your life if you hit up paths with more foot than car traffic. The reflective brim ensures oncoming drivers will spot you, and the allover fluorescent hue of this cap helps fellow runners see you too. \$30, brooksrunning.com



Science is rad, people! New "iridescent reflective" threads woven into these stability runners filter and diffuse light at different angles to produce a rainbow-y, Northern Lights effect. \$135, nike.com



Thick, shimmery strips at the back of your ankles and top of your calves tell peeps ahead and behind you to steer clear. One study found that wearing such markings by your ankles alone makes you visible 3.5 times farther away than if you were wearing all black. \$55, 2xu.com



FLASH FORWARD

Industry leaders expect this shoe's new holographic tech to catch fire.

Myth Busters: Will P.M. Sweat Sessions Mess with My Sleep?

Not the way you think! While evening exercise can make it tougher to crash quickly (blame the rise in body temp), it can actually help you score better-quality shut-eye by nixing the stress that might jolt you awake, says exercise physiologist and certified strength and conditioning specialist Pete McCall. In fact, one new study found that folks who performed a resistance circuit at 7 p.m. woke up fewer times than when they did the same workout at 7 a.m. or skipped the routine entirely. If you're not used to working out at night, try giving yourself three or four hours to cool down after a high-intensity session (one or two for low-intensity) before climbing into bed. After about a month, your body will adapt and need less time (say, under three hours). And, expert tip: "Take a cold shower to speed up the cooldown process," says McCall. ■



INTRODUCING EUCERIN IN-SHOWER BODY LOTION

It leaves no greasy residue, letting you get dressed immediately. So moisturize in the shower with a fragrance-free formula that's enriched with pro-vitamin B5.



Wash off your shower gel



Apply In-Shower



Body Lotion dry off and go!

See back of bottle for full usage instructions.

Avoid applying to bottom of feet. Thoroughly clean tub/shower with hot water after usage to remove residue and avoid slipping.



Skin Science That Shows.

MINUTE WORKOUT

DOUBLE DOWN

When opposing muscles hook up in the same sesh, fireworks! Spark the toning here.

If your biceps and triceps were a couple, they'd never argue over who was on laundry versus trash duty. Each has its own main job: Biceps bend your arms, triceps extend them. Always. No tradesies.

Pretty much every muscle in your bod has a partner that shares such an equal-yetopposite responsibility. In fitness speak, these duos are known as antagonist pairs. Training them in tandem is a simple way to make sweat sessions more efficient, especially if you limit your break time between moves: People who do antagonist supersets (two opposing exercises done back-to-back without rest) have higher muscle activation than those who take 30-second or one-minute breathers, per a new study in The Journal of Strength and Conditioning Research.

Why? "When you work one muscle, you're preactivating its opposing one, allowing it to fire more quickly and completely when you switch," says certified strength and conditioning specialist Diane Vives. "Then the muscles you worked initially get to recover a bit so you can perform better, stronger reps throughout the whole routine."

Do this full-body workout from Vives two or three times a week. Perform the first two moves (1 and 2) without pausing in between. Rest up to a minute, then do the same for the second pair (3 and 4). Rest two minutes, then repeat the circuit two more times.

-Marissa Gainsburg



Saving People Money Since 1936

... that's before the modern treadmill.

GEICO has been serving up great car insurance and fantastic customer service for more than 75 years. Get a quote and see how much you could save today.

geico.com | 1-800-947-AUTO | local office

GEICO.



Get-Fit Tricks

Lean Abs

for Life

We've all got flat-belly dreams. The Stomach Sandman—okay, so his name is Dan, more on him below—has the sneakv. speedy secret to making your tum its firmest ever.

By Dan Ownes*

Let's give new meaning to the phrase "abs for days": Many women don't realize that the core goes on and on, extending from armpits to knees. So trying to whittle your middle with abs-only moves like crunches robs you of the full range of motion needed to create true change. But often when results elude us, we just load up on more reps. That's busy work, not waisttrimming work.

There's a better way: first, thinking bigger, broader; then smarter, streamlined. This workout delivers bothand fast. Simply replace one of your weekly strength workouts with this routine. Perform a set of each exercise without resting between moves. After the last move, rest one minute. That's one circuit. Do three total.

*Editor's note: Not only has Dan trained everyone from elite athletes to determined brides, but lift up his shirt (yep, we've done it—he's a friend, it's cool) and you'll see a six-pack that would put Joe Manganiello's to shame.











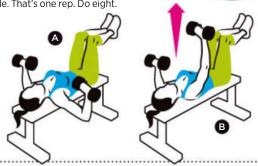




Feet-Elevated Alternating Dumbbell Press

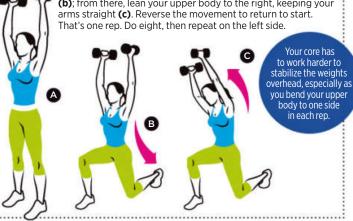
>> Lie on a bench holding a pair of dumbbells next to your chest, elbows bent and palms facing up; raise your feet so your hips and knees are bent 90 degrees (a). Brace your core and press the right weight toward the ceiling. fully extending your arm (b). Slowly lower back to start, then repeat on the left side. That's one rep. Do eight.

Keeping your feet in the air and lowering the weights one at a time makes it that much harder to remain stillprecisely why it's a core-sculpting powerhouse!



Overhead Alternating Reverse Lunge with Saxon Side Bend

>> Extend a pair of dumbbells directly overhead, palms facing in and feet shoulder-width apart (a). Keeping a tight core and straight back, step your left foot back and lower into a lunge (b); from there, lean your upper body to the right, keeping your arms straight (c). Reverse the movement to return to start. That's one rep. Do eight, then repeat on the left side.



Medicine Ball Transfer

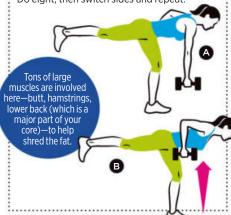
>> Grab a medicine ball with both hands and lie faceup, arms extended beyond your head, and legs perpendicular to the floor (a). Keeping your arms straight, lift your shoulders off the floor and place the ball between your feet (b). Slowly lower your legs to the floor (c). Reverse the movement, lifting the ball with your legs to grab it with your hands, to return to start. That's one rep. Do 12.

This is a great example of a "full range of motion" abs exercise. As you transfer the load from your legs to your hands, you shift the emphasis from lower



Single-Leg Straight-Leg Deadlift and Row

>> Hold a dumbbell in your right hand and raise your right foot slightly behind you, then hinge forward, letting the weight hang directly under your shoulder as you lower your torso and raise your right leg until both are parallel to the floor (a). Row the dumbbell to your side (b); pause, then slowly lower. That's one rep. Do eight, then switch sides and repeat.



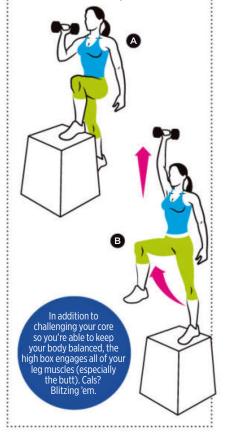
Weighted Half-Wipers

>> Lie faceup with your legs perpendicular to the floor and a medicine ball between your feet, your right hand extending a dumbbell above your chest (a). Keeping your legs and arm straight, lower your legs to the left as you lower the dumbbell to the right (b). Reverse the movement to return to start. That's one rep. Do 10, then switch sides and repeat. ■



Offset Step-Up and Press

>> Hold a dumbbell just above your right shoulder, elbow bent and palm facing in, and place your left foot on a tall box (a). In one movement, press through your left heel to step onto the box, raise your right knee in front of you, and press the weight overhead (b). Reverse the movement to return to start. That's one rep. Do eight, then switch sides and repeat.



MCKIBILLO (ILLUSTRATIONS





REFRESHED SITE! NEW TRAINERS!



Join **WH Fit Club** today! Our **NEW** heart-pumping, body-burning workouts will change the way you train!



FITCLUB.WOMENSHEALTHMAG.COM

WORKOUTS PROVIDED BY:















Lifted Spirits

Around 50 percent of people end up feeling happier after a waterworks sesh, says the world's leading crying researcher, psychologist Ad Vingerhoets, Ph.D., of Tilburg University in the Netherlands. Shedding tears triggers the brain to amp the release of mood-boosting endorphins. (Heart you, biology.)

Squelched Stress

Ever feel, like, totally mellowed out after unleashing the floodgates? Crying likely stimulates the branch of your nervous system that promotes relaxation and recovery, says Vingerhoets. Oxytocin, the body's natural anxietynixing hormone, also is thought to surge post-wail. (Bonus: Oxytocin is called the "bonding hormone" and could make you feel closer to whoever's offering you the proverbial shoulder during your sobfest.)

Extra Support

Early humans used tears to let others know they were in distress—and to make others want to help them. That still holds true for us noncave folk; one study found that people felt more empathy when looking at a photo of a crying face than when looking at the same picture with the tears digitally removed.

More Money

The thought of a higher-up seeing you weep may feel mortifying-even counterproductive. But if you work with said boss on a daily basis, you may be more likely to get a raise if you shed a few while negotiating, per a new study. Huh?? As Judith Orloff, M.D., an assistant clinical professor of psychiatry at UCLA, explains: "When they grant you what you want, they feel they are executing their power in a beneficial way, and that makes them feel good about themselves." Ka-ching!

"Uh. there's

something in my eye" isn't always a BS excuse. Two nonemotional tear types with their own health rewards:

- > Basal Tears Every release these suckers. Their mission: maintain a protective filmwithout which your eyeballs would dry up.
- > Reflex, or Irritant, **Tears** They contain an antibacterial agent called lysozyme that helps kill potentially and wash out foreign invaders (bugs, dust).

Eyesredder than 50 Cent's bank account? OTC drops containing $tetrahydrozoline\,or$ pheniramine can nix the bloodshot look (try Visine-A); a five-minute $cool\, compress\, reduces$ puffiness.

A WHO'S WHO OF **BOO-HOOS**

If sobbing is a science, it's also an art. Herewith, our oversimplified guide to breaking down (and owning it) like a pro.



A.k.a. the glam cry. A single well-placed tear, à la Ingrid Bergman;

no nose exhaust.



THE FAKE CRY A few forced tears streaming from "puppy dog" eyes. See: reality-show staples (hi, Heidi Montag!).



THE DRAMA CRY Over-the-top, attention-seeking meltdown. Look at me, I'm SO upset. We can see that, Sharon.



Full-on slobber and snot, hiccups, wailing. Adele: We feel you!

ERIK ASLA/GALLERY STOCK; SIDEBAR, FROM TOP: WARNER BROS./NEAL PETERS COLLECTION. REX USA, JONATHAN HORDLE/THAMES/REX USA, ROBYN BECK/AFP/GETTY IMAGES

STOP THE FLOW Cathartic as crying can be, sometimes it simply ain't a good time (e.g., you just got dumped and don't want to give him the satisfaction of seeing you go full geyser). Pinch the skin between your thumb and index finger, hard. The ouch will momentarily distract your brain, allowing you to refocus and compose yourself—until you can make a beeline for your bestie and let 'er rip. ■





NEW ALCOHOL FREE

SLEEP LIKE A BABY.

THE NON-HABIT FORMING SLEEP-AID FROM THE MAKERS OF NYQUIL." SLEEP EASILY.
SLEEP SOUNDLY.
AND WAKE REFRESHED.

Use as directed for occasional sleeplessness. Read each label Keep out of reach of children. © Procter & Gamble, Inc., 2015



Healthy Dose

"You have to try it," insisted my hippie sister. The topic wasn't dyed armpit hair or making jam; she was gushing about her affair with menstrual cups reusable, soft, silicone vessels (free of plastics, BPA, and dyes) that collect rather than absorb your monthly flow. I was skeptical—holding a cup of my own endometrial lining (then reusing the container) felt a bit skeevy-but I was also curious. Seems I'm not alone: Though cups have been around for 80 years, they're getting mad love again. Last year, The DivaCup saw double-digit growth in sales, and a recent Kickstarter campaign for the collapsible Lily Cup raised more than 4,000 percent of its funding goal within 40 days.

Why the sudden fascination with something so...swing era? "Until a few years ago, talking about periods was so taboo, even feminine-hygiene ads rarely uttered the word," says Sheeva Talebian, M.D., a reproductive endocrinologist and fertility specialist. But these are the days of owning your period, as evidenced by the woman who recently ran a marathon tamponand pad-free, and the anti-Trump #periodsarenotaninsult Twitter trend.

It was time to go with the flow.

HAVING A MOMENT Menstrual Cups

TMI? What TMI? Period talk is finally normcore, and the old-school cup is leading the convo. One editor popped one in to find out if you should ride this tide.

By Marissa Gainsburg

SEEING RED?

Nope: The average cup costs under \$40 and lasts up to five years. Some, like Lunette, come in perky colors.

> THE VERDICT

It was blissful not having to worry about whether I had a tampon in my bag (I usually don't) or when I'd changed it last (I always forget). My cup (I went with the Lena) never did runneth over-a huge relief since I've bled through tampons a few times. (Research agrees: Cups leak less than tampons or pads.) And I definitely didn't miss feeling a soggy string when I peed. In fact, I was shocked by how fresh I felt.

Still, I'm a girl who doesn't even like washing dishes, so I'll probably save my cup for long flights and camping trips. But don't knock it till you try it. Worst-case scenario, you're out a few tenners. Best case: You're up hundreds—and able to wear your prettiest La Perla thong all month long.

> THE INSERTION

I squatted over the toilet and spread open my lady lips with my left hand while squeezing the bell-shaped cup (it's about the length of a tampon, minus the string, and the diameter of a small banana) into a U shape with my right. But when I tried to slide the device in, it kept popping back into its original form in my hands. After six tries, I just shoved it up there, then twisted the stem on the end so that the cup sat just inside my vagina. I couldn't feel a thing, and by week's end, I could finagle that puppy inside in under two minutes. It takes me about 10 seconds to insert a tampon, but since you need to change

the cup only once every 10 to 12 hours (even with a heavy flow, so say the companies), it still felt like I was saving time.

> THE CLEANUP

Worried I'd ruin my undies, I decided to remove it after about six hours on the first day. I was at work and too embarrassed to wash it out in the sink, so I brought a paper cup of water into the stall. I pulled on the stem and heard a loud suction sound, like a wet kiss mixed with a toilet plunger. Who else was in the bathroom-and what did they think I was doing? I let go, and the cup disappeared back into my vag. Three minutes

and one emphatic smacking noise later, success!

I expected the cup to be at capacity, but it was only about one-third full. Being up close and personal with my period in pure, liquid form was a bit off-putting, but at the same time, I felt weirdly proud, as if the pool of blood was proof of how well things were going down there. I tipped it into the bowl, then rinsed it a few times with H₂O. Although it was much less like a scene from Carrie than I'd imagined, I scheduled future cleanups at home, where I could wash the device with soap (the recommended procedure) and have complete privacy.









ET'S DEFEAT BREAST CANCER.

)NGER OGETHER

Every action counts. Join us at BCAcampaign.com #BCAstrength

THE ESTEE LAUDER COMPANIES



Supporting education and medical research.

















MEDICINE. MEDICINE.

Use as directed. Read each label. Keep out of reach of children.

© Procter & Gamble, Inc., 2015

Oysters -

A zinc deficiency can make immune cells less responsive, according to a 2015 study in Molecular Nutrition & Food Research. A good way to make sure you get enough: Eat one of these mollusks cooked or slurp two raw. Either will take care of your recommended daily value. Not a fan? Make a heaping half-cup of wheat germ



This tropical wonder stimulates antibodies and fights infection (thanks, vitamin A). Plus, in a study on animals, researchers found that it may boost the T-cells that control inflammation.

Shiitake **Mushrooms**

Eating a single serving of these 'shrooms daily can reduce your levels of inflammatory proteins and enhance gamma delta T-cell function, both markers of improved immunity, shows a study from the University of Florida.

Edamame

your a.m. meal.

At the sushi bar or the grocery, these little pods deliver a hefty dose of omega-3 fatty acids, which can reduce inflammation and are helpful in preventing diseases such as Alzheimer's and depression.

Garlic

Okay, fine-it may wreck your breath, but it'll do the same to germs. Data published in Applied Microbiology and Biotechnology indicates that the stinky stuff's key compound (allium sativum) has beaucoup antiviral and antibacterial properties.

Brazil Nuts

Meet the new all-stars of the mixed-nut canister. They're the top food source of selenium, a potent antioxidant that is needed for nearly all aspects of the immune system to function, per the American Journal of Clinical Nutrition. One (nut) and done: That's all you need for the whole day.

"Bah-it's too late!"

Mainlining vitamin C packets once ill? The data is disappointingly meh (or, scientifically speaking, inconclusive). But research is strong on these whole-food fixes for pesky cold and flu symptoms.



INSOMNIA Staring at

the ceiling is miserable enough when

you're 100 percent—never mind when it feels as if a marching band is parading around your sinuses. Sip on some tart Montmorency cherry juice to help you doze; it's been found to up levels of sleep-promoting melatonin.



COUGH

All that hacking might loosen up gunk in your chest, but

it can make a scratchy sore throat feel even worse. Researchers suspect honey may ease those symptoms by suppressing the nerve fibers that cause coughing. Spread it onto toast to quiet the barking and irritation.



CONGESTION

Keep some fresh peppermint handy and chew on it if your nose

or chest is feeling blockedthe menthol helps dislodge mucus and phlegm, according to the University of Maryland Medical Center. (Bonus: It can also help soothe crampy stomach muscles if you're nauseous.)



ACHES AND SHIVERS

Long a go-to in both Eastern and Western

medicine for easing cold symptoms, licorice is backed by new evidence that supports its antiviral properties. Add a few drops of extract to hot water or keep a warming and effective root-based tea handy. ■



HELPS REPLENISH NATURAL CALCIUM FOR STRONGER ENAMEL



ColgateEnamelHealth.com

©2015 Colgate-Palmolive Company



Plan of Action

WHPLANOFACTION.COM







@WHTAKEACTION

FREE MUSCLE MILK® GIVEAWAY!

Sacrifice nothing. With our high quality protein in a convenient 100 calorie serving, fuel your recovery whenever you need it. Guilt free, sugar free, and only 100 calories. Reward yourself. You deserve it.

Be one of the first 50 Women's Health readers to sign up at WHPlanofAction.com and you will receive your own free sample!

NO PURCHASE NECESSARY. VOID WHERE PROHIBITED. Promotion begins 10/20/15 and ends 11/23/15. Must be 18 or older and legal resident of 50 US or DC to enter (excluding residents of Puerto Rico and Canada). First 50 eligible participants to sign up at WHPlanofAction.com will receive one (1) MUSCLE MILK® 100 Calories Protein Shake (approximate retail value: \$3.99). Allow 6-8 weeks for delivery. Shipping in US only. For terms and conditions visit WHPlanofAction.com. Rodale Inc., 400 S. 10th St., Emmaus, PA 18098-0099.



We Are the Women of New Balance

You run. We run. You lift. We lift. You dance. We dance. We the women of New Balance have created a collection of fitness apparel and footwear inspired by our shared love of sport, drive to discover what's next, and passion of what's possible.

NewBalance.com



NBWOMEN

Run to Fight Hunger in America!

Want to make a difference in your local community? Run a 10K with Women's Health, and you will instantly provide 10 meals for those going hungry locally. Plus, you'll get a limited edition FEED bag! You can join us by racing in New York City, Chicago or San Francisco, or you can join us at Fun Runs nationwide. Don't live in one of our event cities? Sign up to run your own 10K! The money from your registration and fundraising efforts will go to those metropolitan areas nearest to you.

Visit RUN10FEED10.com to register!

Women's Health RUN 10 FEED 10

Say Hello to Beautiful, Healthy Hair

Indulge your tresses with this nourishing vitamin B5 blend that helps intensely moisturize for long-lasting softness, while protecting hair from daily stresses and future damage.

OGXBeauty.com







Best Skin of Your Life

Whether you want to smooth wrinkles, prevent breakouts or simply have the best skin of your life, Paula's Choice Skincare has you covered.

PaulasChoice.com

PAULA'S CHOICE

75 Years of Savings

GEICO has been saving people money on car insurance for more than 75 years, and we'd love to do the same for you.

Get a FREE quote at geico.com, or call 1-800-947-AUTO (2886) or your local office.

Some discounts, coverages, payment plans and features are not available in all states or in all GEICO companies. See geico.com for more details. GEICO and Affiliates. Washington D.C. 20076. ©2015





THINK ALL EGGS ARE THE SAME? Then you haven't experienced Eggland's Best.



Compared to ordinary eggs, Eggland's Best eggs have four times the Vitamin D, more than double the Omega 3, 10 times the Vitamin E, and 25 percent less saturated fat. Plus, EBs are a good source of Vitamin B5 and Riboflavin, contain only 60 calories, and stay fresher longer.

Hungry for better taste? EBs deliver more of the farm-fresh flavor you and your family love. Any way you cook them!

For your active lifestyle, you deserve nothing less than the best.

Eggland's Best.

*Voted Most Trusted Egg Brand by American shoppers. Based on the 2015 BrandSpark/Better Homes and Gardens American Shopper Study



egglandsbest.com





FARM FRESH





APPLE-ONION FOCACCIA

- tsp plus 2 Tbsp olive oil
- medium yellow onion, sliced into thin strips
- large apple, halved. cored, and sliced into thin half-moons
- tsp lemon juice
- Tbsp chopped fresh thyme or rosemary
- Ib premade or storebought pizza dough
- Tbsp unsweetened nondairy milk of your choice

When you want something a little more fancy-pants than dinner rolls and butter, this bitchin' dough will make your house smell like fall.

- 1/ Crank up your oven to 450°F. Grease a rimmed baking sheet.
- 2 / In a medium skillet, heat 1 teaspoon olive oil over medium heat. Add the onion and sauté those f**kers until they look kinda brown and delicious, 5 to 7 minutes. Set aside.
- 3/Throw another 1 teaspoon olive oil into the same pan. Add apple slices and cook over medium heat. Add lemon juice and thyme and sauté until the apples are slightly browned, 5 to 7 minutes. Remove from heat.
- 4/On a well-floured surface, shape your dough into a 4-by-10inch rectangle about an inch or so thick. Just

- eveball that shit. Place it on your baking sheet and use your fingertips to dimple the top of the bread like you're the phantom of the motherf**king opera, playing the organ. Mix the remaining 2 tablespoons olive oil with the nondairy milk and brush the dough with it.
- 5/Scatter half the onions over the bread, then put all the apple slices in a single layer. Toss on the rest of the onions and throw it in the oven. Bake until the bread looks nice and golden, 15 to 25 minutes.

MAKES 8 SERVINGS

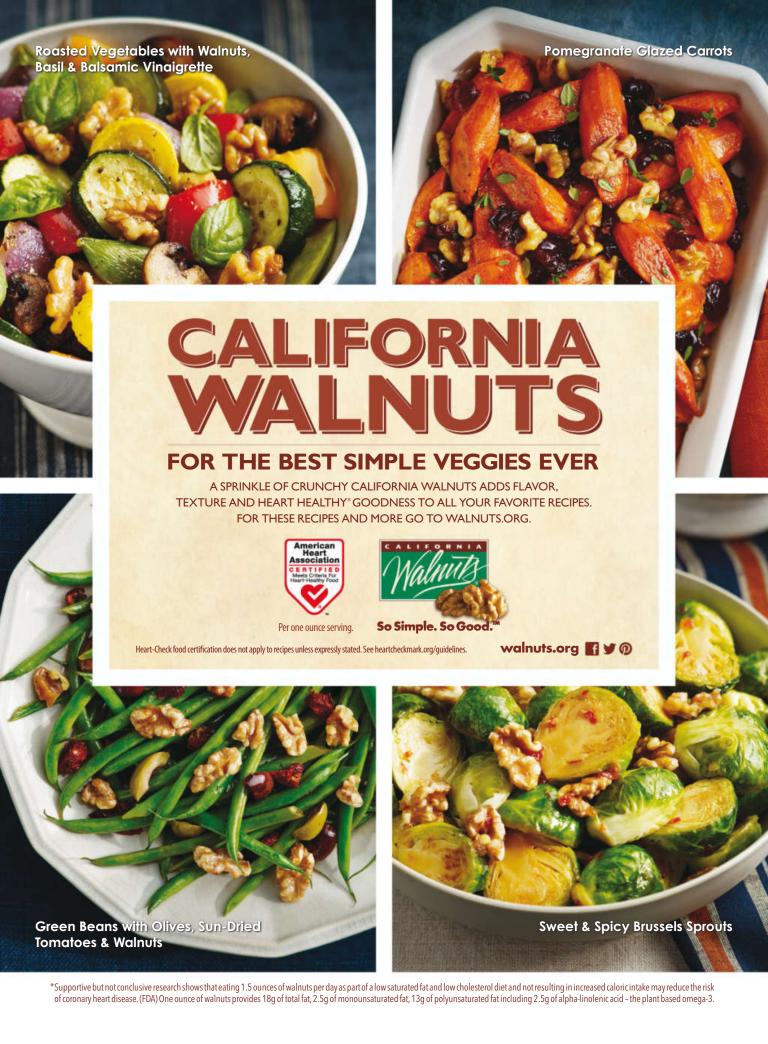
Per serving: 190 cal. 6 g fat (0.5 g sat), 29 g carbs, 4 g sugar, 439 mg sodium, 2 g fiber, 3 g protein

(shown on page 93)

- 1/2 cup semisweet chocolate chips
- can (14 oz) full-fat coconut milk, well chilled
- cup powdered sugar
- tsp vanilla extract Salt
- frozen premade piecrust, baked according to directions and cooled Whipped cream
- 1/Stick the bowl and beaters of an electric mixer in the freezer for 15 minutes. This helps keep your mix from turning into a puddle while you whip it.
- 2/ Melt the chocolate chips in a double boiler or the microwave.
- 3/ Grab the coconut milk from the fridge (don't shake it). Open the can, scoop out the thick white cream on top, and put it in the chilled bowl. You should have about 1 cup. (Leave that clearish liquid in the can and use it for something else later. A smoothie? A prank? We don't give a f**k.)
- 4/Sift the powdered sugar into the coconut cream so there aren't any chunks. Add the vanilla. Now beat the hell out of it on medium high. Slowly stream in the melted chocolate and the salt. Keep those beaters going until it starts looking all fluffy and delicious, about 2 minutes. Spread it in an even layer in the piecrust.
- 5/Smooth whipped cream over the top. Let that bastard chill for at least 1 hour before serving.

MAKES 8 SERVINGS

Per serving: 280 cal, 19 g fat (12 g sat), 26 g carbs, 12 g sugar, 113 mg sodium, 2 g fiber, 2 g protein





- 1 lb red or yellow potatoes, chopped*
- 2 tsp olive oil
- ½ large yellow onion, chopped
- 3 cups spinach, chopped Salt
- 1½ cups cooked Great Northern or cannellini beans
- 3 cloves garlic, minced
- 1 Tbsp lemon juice
- 2 tsp of your favorite vinegary hot sauce (like Tabasco)
- 2 Tbsp nooch (a.k.a. nutritional yeast)
- 24 round wonton wrappers

*It's cool to leave the skin on if you're all about the fiber life.

- 1/ Place a steamer into a couple inches of water in a medium pot. Add the potatoes, cover, heat over medium low, and steam those tubers until you can stick a fork through with no f**king problem, 15 to 20 minutes.
- 2/ Grab a skillet and heat up the oil over medium heat. Add the onion and sauté that shit until it starts to brown, about 5 minutes. Add the spinach and a pinch of salt, and keep cooking until the spinach is all wilted down, about 2 minutes. Remove from heat.
- 3/ Dump the beans in a large-ass bowl and mash them into a paste. Add the spuds and keep smashing until it looks like mashed potatoes. Add the onion-spinach mixture, the garlic, lemon juice, hot sauce, and nooch, and mix.
- 4/ Lay a wonton wrapper flat and moisten the edges with water. Put about 1 tablespoon of the potato-bean filling in the center, fold the wrapper over, and pinch together. Repeat with remaining wrappers. Put them all on a floured baking sheet and cover with a

- damp towel until you're ready to boil them.
- 5/ Bring a pot of water to a boil and drop in your pierogies (no more than 6 at a time so those f**kers don't all stick together). Boil them until they all start to float and the wrapper is cooked through, about 4 minutes. Fish them out with a slotted spoon, then throw them on a plate.
- **6/** Serve with a side of Cheater Sauerkraut. Dig in and enjoy.

MAKES 6 SERVINGS

Per serving (with Cheater Sauerkraut): 254 cal, 3 g fat (0.5 g sat), 49 g carbs, 4 g sugar, 471 mg sodium, 8 g fiber, 11 g protein



CHEATER SAUERKRAUT

- 6 cups shredded red cabbage
- 4 bay leaves
- 3 cloves garlic, minced
- 3 Tbsp apple cider vinegar
- 1/4 tsp sugar
- ½ tsp salt
- 1/4 cup chopped fresh dill (optional)
- 1/ Warm up a skillet over medium heat. Put the cabbage in there with enough water to cover it halfway. Add the bay leaves, garlic, vinegar, sugar, and salt, and simmer that shit.
- 2/Reduce heat to medium low, cover, and let that f**ker cook until the cabbage gets wilty, about 15 minutes. Uncover, raise the heat to medium, and simmer until most of the liquid evaporates, about 15 minutes longer.
- 3/ Stir in the dill, toss out the bay leaves, and stick that fiberful motherf**ker in the fridge. You can make it a couple of days ahead.

when you start with

FRESH CHEESE & AGED PARMESAN ON TOP OF HAND LAYERED PASTA

THE BEST LASAGNA





made for you to love



- lemons Salt
- cloves garlic, 2 smashed and 2 minced
- large artichokes
- cup olive oil

1/ Fill a large pot with water and put it over high heat. Cut a lemon in half and squeeze the juice from one half into the pot. Slice up the other half and add that to the water with a good pinch of salt and the smashed garlic.

2/ Prep your 'chokes: Slice the top 1½ inches off each one. Use a vegetable peeler to strip away the tough skin from each stem. Then cut them in half lengthwise and scoop out the hairy guts (but leave the tasty-as-f**k heart). Plop them in your pot and simmer until one of the inside leaves can be pulled out without too much of a fight, 15 to 20 minutes. Drain them.

3/ Warm up the grill to medium high. In a bowl, mix the minced garlic, oil, a pinch of salt, and 2 tablespoons of juice from that last lemon. Brush some of that mixture all over the drained 'chokes and throw them on the grill, cut side down. Cook until they get some good grill marks on them but the leaves aren't burnt to shit, 2 to 3 minutes. Flip them over and do the same on the other side. Brush with more of the oil mix if you think it needs it. Serve with Roasted Garlic Dip.

MAKES 6 SERVINGS

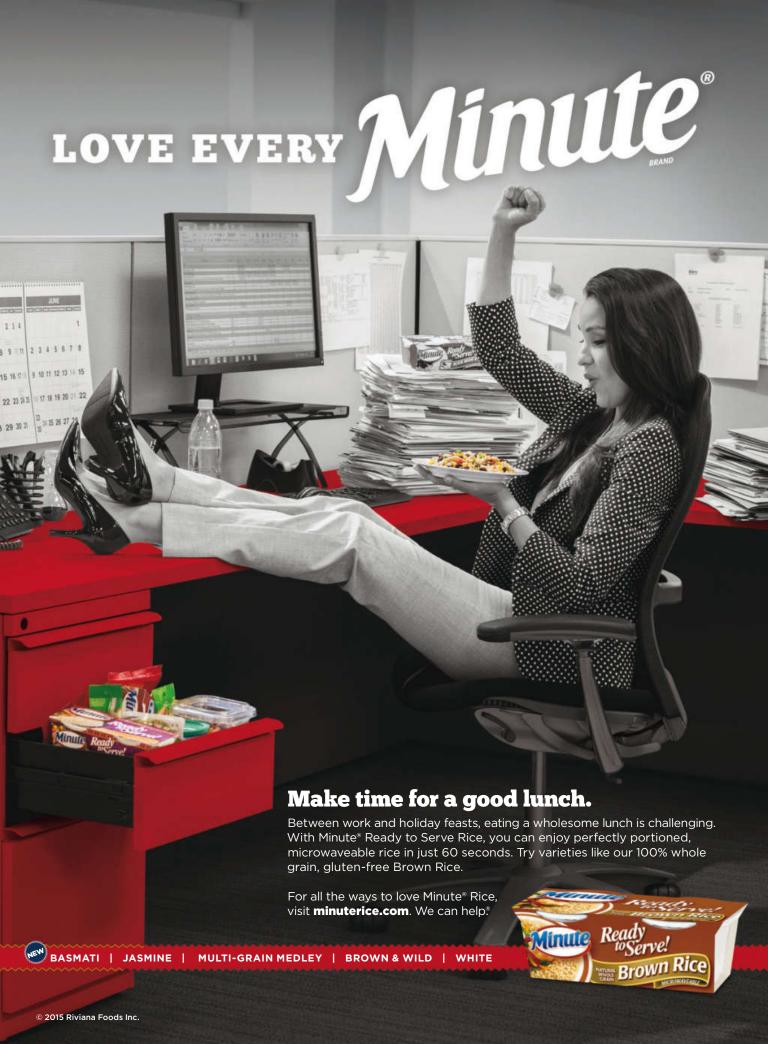
Per serving (with Roasted Garlic Dip): 159 cal, 11 g fat (1.5 g sat), 13 g carbs, 2 g sugar, 323 mg sodium, 5 g fiber, 6 g protein



- Tbsp lemon juice
- 1/2 tsp salt

so everything gets chopped up and mixed in but the herbs are still kinda visible. Refrigerate at least 1 hour before serving. Then get to dipping. ■

Adapted from Thug Kitchen Party Grub (Rodale). Published by Rodale Inc., publisher of Women's Health. Available wherever books are sold.



Who's Bad?

Michael Jackson's iconic Q might as well have been aimed straight at carbs. We've now been shunning them for two decades—but breaking data shows just how bad-ass the macronutrients could be at fighting off flab.

By Courtney Balestier

Go ahead, utter the C-word—and watch what happens. One gang will say pasta is the devil. The other will cut you with a butter knife if you don't pass the bread basket. We're calling a truce, and not just because carbohydrates are your body's main—and much misunderstood—source of energy. Turns out, they could be a key to weight loss: Eating the right kinds is actually a better strategy for slowing your jellyroll than avoiding them altogether, per a new study. To shed lbs, "the quality of carbs is as important as the quantity—sometimes even more important," says study coauthor Frank Hu, M.D., Ph.D., of the Harvard School of Public Health. In other words: More carbs can = more slim-down success. Our cheat sheet will help you (insert whispery MJ voice) make that change.



Was that a leash? Tell me that's a leash.



Like you, we at Natural Balance believe every dog has something that makes them unique. Which is why they deserve food made with ingredients such as venison, salmon, duck and sweet potato.

Food with substance for dogs with character.™

up 90 percent of

all the carbs you

eat in a day.



Simple Sugars

Your body breaks them down faster than kitten videos go viral. The problem with that? Overindulging causes blood sugar surges, then crashes, that can make you even hungrier. Plus, research shows simple sugars might be highly addictive, so you end up wanting more, more, more...



Cap it at a tablespoon a day. Sorry, no special passes for treats sweetened with natural stuff like agave or honey. Your bod handles those the same way (there is no God, apparently).



Refined Grains

Processed grains leave your digestive tract out of a job. These guys, which have been stripped of valuable nutrients like fiber and antioxidants, speed through your gut so quickly, you'll be hungry again shortly after eating them.



Have no more than two daily handfuls of refined grains like white rice or pasta. Love linguine with a passion? Serve it with some protein (may we suggest a Bolognese?) that will help decelerate the carb's race through your stomach.



Whole Grains

Since they take more energy to turn into, well, energy, your body can't churn and burn 'em like their refined counterparts. Meaning: greater satiety, fewer cravings. (Despite the buzz around ancient grains, they're no more filling than any whole grain.)



Chew up to three servings a day of 100 percent whole grains. People who do so are 76 times more likely to get the most fiber-which has been linked with weight loss. Double score!



Fruit

Fructose, fruit's built-in sugar, makes a pit stop in your liver, a diversion that helps prevent spikes in blood sugar levels. Whole fruit also packs fiber, vitamins, and water that keep you feeling full.



Make fruit no more than two of your five daily servings of produce to avoid OD'ing on sugar, natural or not. And don't confuse fruit fructose with high-fructose corn syrup (HFCS), which is processed up the wazoo and should be avoided. One study found that diets rich in HFCS spell significant weight gain.



COMPLEX CARBS? BETTER BELIEVE IT

Heard chatter about the bennies of low-glycemic-index (GI) grub? The 1 to 100 index ranks all carb-containing eats by the effect they have on your blood sugar. The lower the number, the lower the blood sugar spike—and the smaller your resulting cravings. Sounds handy, but GI scores can be misleading. They don't deal in reallife portion sizes, meaning a candy barstuffed with simple sugars—can end up with a deceptively low GI but still amp up your appetite (and waistline). Harvard to the rescue (again!). Its scientists came up with the GL, or glycemic load. A more accurate carb-on-bloodsugar measurement, it factors in extra criteria like carb quality.



Starches

Research reveals a welcome twist on this much-maligned group: It's not carbs like corn or potatoes that do waistline damage, but the degree to which they are processed (fried in oil versus baked).



Don't be afraid to pile taters, corn, or bananas (try the greenish ones) on your plate. All contain resistant starch, which shows major slenderizing promise. Evidence suggests it acts like fiber, slowing digestion, shutting down hunger hormones, and increasing calorie burn.



Legumes

Even though they contain protein and fiber, a lot of diet plans (including paleo) have banished them. In reality, they should be your carb BFFs. One analysis found that people felt 31 percent fuller after eating around one daily cup of legumes.



Get started by swapping ¼ cup cooked beans for an ounce of 85 percent ground beef in burgers; you'll save up to four grams of fat and nearly 30 calories. Then work some into your meals on the reg-peanuts and chickpeas count. ■

For example, while watermelon has an alarming GI of 72, its GL, 4, shows the bigger, healthier picture. Next time you're unsure about a carb, google its GL (scores below 10 are best).

protein designed for essential nutrition





You Lose, You Win

"I'm tearing itup!"

An appetite-squelching cigarette habit and active job delivering newspapers meant Jessie Foss could easily maintain her trim 5'2", 110-pound figure during high school. But at age 19, the Garland, Texas, resident quit smoking (fist bump!) and started her first desk job as a paralegal. She soon developed newfound cravings for all things fried, and the sedentary gig didn't give her the opportunity to burn any of it off during the day. "Without the cigarettes. I needed some other source of satisfaction, and I got that from richer foods," Jessie says. "Plus, I was so beat when I got home that I didn't think much about what I ate." Jessie ignored the weight that crept on (five to 10 pounds a year) until 2012, when she realized she'd passed the 200 mark.

The Change

"I felt depressed about how big I was," says Jessie, now 37. "I used to love riding my mountain bike, but I stopped because I didn't feel confident." Instead, she bought exercise machines, hoping their presence would motivate her, but a fear of not being able to ditch the weight kept her from ever using them. Compounding the inactivity was an utter lack of knowledge: Growing up, Jessie had often tuned out her teacher during health class, and no one else around her knew anything about nutrition. But in early 2012, Jessie noticed a friend talking about the calories and nutrients in her food, and she decided to educate herself too. "I could tell she felt great and I thought, I should be paying attention to this."



The Lifestyle

That February, Jessie started adhering to the serving suggestion on every food package and swapping her usual pizza for dishes heavy on greens, poultry, and fish. By November, Jessie felt her pants getting looser, which inspired her to order her medical records and gain a fuller understanding of how the weight gain impacted her health. WH Online Get inspired by Then she downloaded more success a calorie-counting app: stories at WomensHealthMag "The hard-numbers com/Novembe approach meant things either added up or they didn't," she says. Jessie also resurrected the elliptical she'd hidden in her home office and started pedaling at a low resistance for 30 minutes five days a week; within a few months, she could power through the preset interval

again while upping her elliptical time to 45 minutes a pop. She soon dusted off a forgotten total-body machine and made time for a half-hour strength-training circuit four times a week. Jessie graduated to running outside, three miles at a time, by August 2013, and three months later, she was down to

160 pounds. When April came, she hit her goal of shedding 80 pounds; as a bonus, she peeled off 10 more over the next seven months to settle at 125 pounds in the fall of 2014.

The Reward

She received a glowing doctor's report that showed improvement on every aspect of the exam, from blood work to body fat. "Now I know I have discipline," she says. "If I put my mind to something, I can make it happen."

Jessie's Tips



> Weigh insometimes. "While I was losing

weight, I got on the scale once a week because day-to-day fluctuations can be confusing and, frankly, discouraging."



> Slurp it down.

"I like to cook a big stew on the weekend to eat throughout the whole week. It's really satisfying, even when it's low-cal."



> Get outside. "When I'm biking, I'm not focusing on the fact

that I'm exercising. I get lost in how beautiful the trees, creek, and birds are."

All You Can Eat

Forgive the buzzkill, embrace the truth: what a portion actually looks like.



routines. By March 2013, Jessie was

under 190 and mountain biking

This creamy, chickpeabased dip packs and healthy fats, but the sodium content ticks up fast.

IN FOSS: REI PINK LONG-SLEEVE TOP: COURTESY OF JESSIE FOSS (BEFORE); MARIHA-KITCHEN/ISTOCK (HUMMUS); SUDOK/ISTOCK (BATTERIES); ALEX SHEYA/THE NOUN PROJECT (SCALE); LE GARAGE STUDIO/THE NOUN PROJECT (BRD)

FIND IT IN THE MEAT CASE



It's not "packed with protein".
It's protein. In a pack.

P3 Portable Protein Packs. A great source of protein, with no artificial preservatives.*





I C T C T life

The Breakup Divide

In what universe is there any "good news" about splitting up? Actually, ours. Experts claim that women get the better end of the heartbreak deal than men (didn't expect that, right?). How to see your friends, or yourself, through to happier times.

By Anna Davies

When we were pummeled with one A-list divorce announcement after another this year, we naturally sympathized with Jen, Gwen, Miranda, Miss Piggy (ugh, we'll stop there). But according to a new study, splitting up can be weirdly gender-biased—and *favors women*. Yes, we tend to feel greater emotional and physical pain immediately following the breakup. But once the same hurt eventually hits men... *ooph*. It can stick around for a year or longer. (Ben, Gavin, Blake, Kermit: Buckle up!) Let our experts explain why.

Love Coach

Why do women fare better at sorrow? The answer is likely linked to evolution, explains the study's lead author, Craig Morris, Ph.D., of Binghamton University. Most females are primed to immediately mourn the loss of a potential father to their children. And then we quickly get over it. Meanwhile, men are evolved to compete for mates, so the ramifications of the split may not fully sink in for a guy until he realizes that he needs to fight for another partner again (and it could be pretty difficult to find another great catch), Morris says. This may explain why famous exes-and perhaps your newly single gal or guy pal—are acting so differently post-split. Want to be an effective shoulder to cry on? You'll have to tweak your approach accordingly.



Your Guy Friend Will Want to Party... Then Sulk

At first, he's oddly psychedand inviting you out for a few celebratory "I'm single!" drinks

at the bar. Morris's study found that while dudes tend to lose focus in the wake of a breakup, they're also three times likelier than women to abuse alcohol or drugs to drown out their

feelings. "Guys can be more solution-oriented, so their M.O. is to get to the happy, single side of things as soon as possible," explains psychiatrist Ish Major, M.D., author of

WHEN YOU'RE GOING THROUGH A BREAKUP

It can feel as if your stomach is going to fall out your butt (still love ya, Mean Girls!), but the soul-crushing heartache will pass. Your very specific recovery plan:

> Five seconds

Feel the pain? Pop an OTC reliever. A study from Ohio State University found that 1,000 milligrams of acetaminophen (the equivalent of two Extra-Strength Tylenol) blunts how the brain reacts to emotional cues, which may cause the news to literally hurt less.

> One hour

Drop and give us 20 burpees! "A breakup triggers the stress response, which floods the body with cortisol and adrenaline," says Ish Major, M.D. A sweaty workout sesh, even if it's short, can help your body return to a calm baseline.

> One day

Hand a pal your phone and social media passwords, and ask her to unfriend and unfollow your ex and scrub his presence from your device. (Can't bear to delete all of your mushy photos? Hide them for the time being in a passwordprotected photo app like Private Photo Vault, but have your pal create and save the password.) Studies show that ruminating on social media following a breakup will only make you feel worse, and having someone else do the dirty work means you won't even be tempted to look through that "I love you, baby!" album.

> One week

Now's the time to sign up for those trapeze lessons you've always thought about. The more you focus on you—what you want, what you like, where you want to go on vacation—the easier it can be to disentangle yourself from your old relationship. Plus, having something to look forward to pulls your mind out of the not-so-fun past.

> Two weeks

Get thee on some free dating apps. Though to be clear, the intent at this point isn't to actually accept any date invites. Studies show that simply feeling wanted (37

winks!) can help facilitate your emotional healing. "Knowing you are desirable, and that there are other people out there, can help you begin to think about the future." says therapist Rachel Sussman.

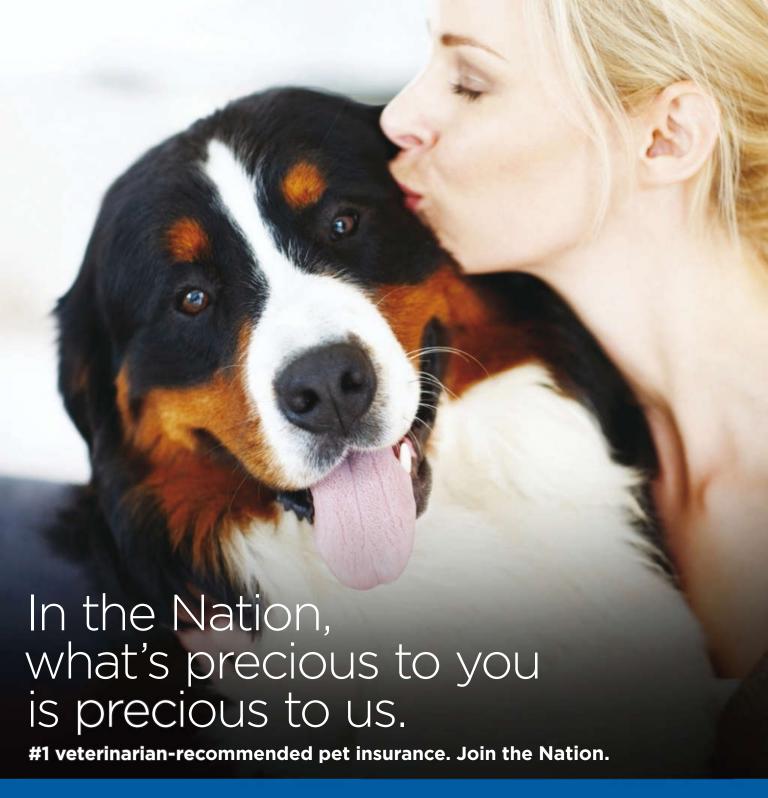
> Three weeks

Call your far-flung cousin to catch up, and when it's your turn, share the nitty-gritty of how the breakup went down. A recent study in Social Psychological and Personality Science found that rehashing the ordeal (either through talking or writing) with an uninvolved, objective

party can put you on the mend faster. Creating a narrative can help build a stronger sense of ownership and acceptance.

> One month

Don't push yourself if you're not ready, but if the cute guy from the corner coffee place asks to hang out, just say yes. "Dressing up and flirting is a powerful way to give yourself an ego boost." says Sussman. And keep the first date low-key: A happy hour, not a threecourse dinner, can be the perfect setting for you to finally think, I'm back, bitches!



- ✓ Use any vet, anywhere.
- ✓ Plans starting at \$18/month.

Get a quote today. petinsurance.com 855.630.7063



Little White Whys. As a friend, you can support your buddy by cheers-ing to his newfound singledom and encouraging him to flirt a little or, okay, maybe even hook up. But if he's asking to be set up with one of your girls, shut him down. "Even if he swears differently, he's just not ready. For most guys, it'll take up to nine months to be in the head space for another serious relationship," says Major.

After his partying dies down, it's important that you don't disappear: This is when he's most likely to start seeing the sucky side of being a lone wolf (as in, coming home to crickets every night or waking up to a regrettable sheethogging rando). And it may hit him-hard. In fact, the men in Morris's study were just as likely as women to describe the time after a breakup as the "worst" or "most trying" experience of their lives (yowza!).

Pump his spirits back up by reassuring him of how awesome he is (men question if they're handsome, smart, or desirable after a split, says Major). And give him some honest input about why his relationship didn't work out. "Hearing a female perspective can give him permission to talk through his thoughts and feelings," says Major. By the time a year is up he should be back to his happy, confident self. But don't be surprised if it takes longer, Morris says-for some guys, it can take years, plural.

Your Gal Pal Will Want to Wallow... Then Date

As soon as you get the "It's over" text from your BFF, make a beeline for her house. "After a breakup, a woman is more likely to have a higher fear response than a man, perhaps due to living on her own again or anticipating potentially adverse behavior from her ex, like character assassination on

If Nonfamous Couples Gave Official Breakup Statements

Admit it, isn't this way more accurate?

"After many texts to our mutual friends, two Match.com profile updates, countless passive-aggressive comments about cleaning styles, our parents, and pronunciation of the word espresso, Stacy and Matt have made the difficult decision to separate. They go forward with a mixture of anger, resentment, and if-we-were-on-an-elevator-thatgot-stuck-we'd-probably-hook-up-one-moretime desire for one another, as well as a commitment to their mutual pug, who, let's be honest, has always liked Stacy more. This will be their only comment on this private matter, although Stacy will be happy to talk over a bottle of pinot noir (especially since Matt could never drink red wine without spilling it all over himself). Thank you to friends for understanding...except for Dave, who Stacy still believes is a bad influence on Matt. And while we're on the subject, Stacy would like to say that she saw Dave's text to Matt that they 'head to Vegas to meet someone new' and is just saying, as a friend, it's a dumb idea."

social media," Morris says. So your bestie will appreciate your company. But let her do the talking, and don't try to make her feel better with "it could be worse" examples, says therapist Rachel Sussman, author of The Breakup Bible. "She doesn't want to hear that vour coworker got dumped when she was eight months pregnant. She wants attention to her pain."

Also, pivot the convo away from how awful her ex is and focus on her instead. Her selfesteem is hella shaky (many women in Morris's study said they had a "severe loss" of self-esteem) at a time when she needs to feel independent, says relationship expert Lisa Steadman, author of It's a Breakup, Not a Breakdown. (Plus, if she happens to get back together with Brad, she'll never forget that your code name for him is "Bad,") Bring up that time she rallied from a layoff, conquered a marathon, backpacked through Europe solo-anything that will assure her that she's got this.

These first-response efforts are key, as experts say that most women experience an uptick in happiness about a month post-breakup—and can even be fully recovered in as little as three months. Until then, keep the "You go, girl!" messages coming, says Steadman. Send her texts and Snapchats throughout the day, letting her know you're thinking of her; have a cupcake delivered to her office; lend her your copy of Mindy Kaling's Why Not Me?—little things that will drive home the message that single doesn't equal alone.

If she wants to dip her toe into the man pool and see who's out there, advise her to proceed with caution. Diving into another relationship or a no-strings-sex deal in the first couple of months can make it even harder for her to find a relationship that's right. because she's still healing, says Sussman.











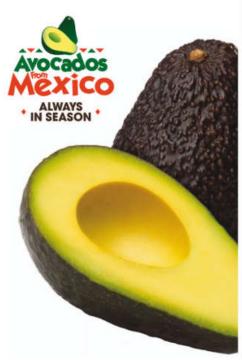






EVERY GET-TOGETHER SHOULD HAVE MUCHO FLAVOR.

Make sure of it with Avocados From Mexico, the only avocados available all year round—and they're always fresh and delicioso!



To learn more about how avocados make life delicious, go to avocadosfrommexico.com.

evolution of smooth™

3 delightful
eos lip balms and
2 sheets of
decorative art
inside.



eos lip balm with a dazzling twist.



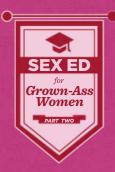
eos is even more delightful this season. Enriched with shea butter and vitamin E, these lip balms are ready to be customized.







Available at Target, Walmart, Kohls, Ulta, CVS, Walgreens and evolutionofsmooth.com



Orgasms for All!

By Sarah Z. Wexler



All this attention to our Os has done a world of good, it seems. For the first time ever, research shows that the majority of women typically come during sex—89 percent of those 18 to 34 years old, to be exact, according to a new survey by Skyn Condoms. (In the not-so-distant past, The Kinsey Institute ballparked this number as low as 20 percent.)

Still, we believe the peak of sexual pleasure can be hotter, stronger, more frequent, more 'gasm-y. Our mission in this session? To celebrate (and elevate) your body's most powerful release.



Lesson One:

A GUIDE TO YOUR LADY PARTS

Forget GPS, Some of us could benefit from a little CPS. When asked in a study to point to the clitoris on a diagram of the female genitalia, 29 percent of women and 25 percent of men were completely lost, the majority of those believing it was located "on the front wall of the vaginal canal." Nope! Considering it's the epicenter of pleasure for most women, a tutorial is in order. So lock the door, grab a hand mirror, and let's inspect your ittiest bits.

NYC artist Sophia Wallace's "Cliteracy" exhibit inspired the #GetCliterate movement.



PREPUCE

Gently pull back your outer and inner vaginal lips, and up top you'll see this little hood. Like the foreskin on an uncircumcised penis, it protects your glans clitoris (your big O spot) and "retracts when you become aroused," says Lauren Streicher, M.D., an associate clinical professor of obstetrics and gynecology at Northwestern University and author of Sex RX.

GLANS CLITORIS

Lift the prepuce and you'll meet the external part of the clitorisand the orgasm holy grail. This pink little nub contains 8,000 supersensitive nerves. The closer it is to your vaginal opening, the higher the chances you'll get off during penetrative sex. If yours is spaced further away (we're talking a difference in millimeters). try a rear-entry position while your guy rubs your GC with a hand or a vibrator, says Streicher.

CORPUS CAVERNOSUM

These are the "legs" of the clitoris, which are connected to the glans clitoris. They're located inside your body (like a muscle), so they aren't visible or touchable from the outside. They contain erectile

tissue and swell with blood when you become aroused. Unlike a schlong, however, they don't rise when you get a lady boner.

URETHRAL OPENING

This bitty dot located a smidge under the clitoris is where pee comes out—and possibly ejaculate for the 10 percent or more of women who "squirt' during orgasm. Streicher says we aren't sure if the fluid is entirely ejaculate from the Skene's glands, or whether it's mixed with some urine. In any case, it is not an erogenous part.

VAGINA OPENING

To put it bluntly, where your man puts his P. "It doesn't have nearly as many nerve endings or the same kind of sensitivity as the clitoris, though, which explains why most women don't climax simply from penetration," explains Streicher.

G-SPOT

A bundle of nerves located two to three inches inside your vagina, along the roof (closer to your stomach than back). Is it an extension of the clitoris or a separate structure? That's up for debate. But stroking it can feel intensely satisfying.

CERVIX

Located about four to six inches inside your vagina, where the vaginal canal ends (though this distance varies from woman to woman and also lengthens a few inches to accommodate a penis when a woman is aroused, says Streicher). A well-endowed partner (or sex toy) can stimulate it, and some women say that's enough to make them peak.

WANT MORE INFO? TAKE OUR VIRTUAL TOUR ONLINE.

ANSWERS **YOUR BURNING Q**s

Emily Morse, sexologist

Host of the Sex with Emily podcast and author of Hot Sex: Over 200 Things You Can Try Tonight

QUIRKY CLIMAX

What's the weirdest way a woman can reach orgasm?

Some can have a "nipplegasm," since stimulating the nipples releases oxytocin, causing vaginal contractions and an increase in blood flow to the genitals. Nocturnal Os are possible too. Having a hot dream during REM sleep spikes blood flow to your vagina, and boom! Even "mindgasms" can occur from deep breathing paired with erotic thoughts.

We asked some brave women to fill in the blank: "I had my most epic orgasm when...

My boyfriend blindfolded me with his tie and went down on me. Not being able to see definitely heightened my other senses, plus it was totally out of character for him!

I applied a strong vibrator to my C-spot while stroking my G-spot with one finger. I could tell I was touching my G-spot because it felt spongy—different than the est of my vagina. The comb felt so unbelievably good, it took me seconds to orgasm!

We were in the shower and my BF was using his hands to stimulate my clit (with LOTS of lube). The tingly sensations lasted FOREVER, and the finale was epic.

My boyfriend teased out the foreplay as long as possible, bringing me to the brink of orgasming but then backing off a bit (and doing that over and over again)

My guy slipped a single finger in my backdoor while performing oral sex in front. Aaaahhh!

Your pelvic-floor muscles control those incredible contractions you feel during an orgasm, so it's in your best interest to keep them tight and toned (age, significant weight gain, or pregnancy can zap them of their strength). A riot of new devices are designed to pump them back up, says Claire Cavanah, co-owner of sex-toy shop Babeland. We asked her to pluck the top products from her shelves, and then instructed our ready-and-willing testers to give them a go every day for a week. The

MINNA LIFE KGOAL

results, below.*

HOW IT WORKS:

A balloon-like, buzzing device links via Bluetooth to an app that provides workout challenges and performance scores.

THE VERDICT: "My pelvic muscles feel like they are getting stronger, but my Os are the same. I liked the app—I've always wondered if I was doing Kegels wrong."

(\$149, minnalife.com)

LELO LUNA SMART BEAD

HOW IT WORKS

This smooth, palm-size, vibrating pebble contains touch sensors that track your exercises and light up to plot your progress.

THE VERDICT:

"When I squeezed my Kegels during sex with my boyfriend, he popped off in, like, two seconds. Mine took as long as usual, and felt about the same."

(\$109, lelo.com)

JE JOUE AMI BALLS

How IT WORKS: This set of three weighted balls (with strings for easy removal) progresses from large and light to small and heavy; you must squeeze to hold them in place.

THE VERDICT: "My orgasms are slightly more intense. They last a little longer, and I feel like I 'released' something that I haven't felt before."

(\$57, jejoue.com)

FIFTY SHADES OF GREY BEYOND AROUSED KEGEL BALLS

HOW IT WORKS: This set of four weighted balls (ranging from 15 to 55 grams) can be inserted vaginally on their own, or with the included cradle (which holds two balls at once).

THE VERDICT: "I felt a post-orgasm sensation for longer than usual, and there was some pulsing of the muscle that occurred afterward."

(\$49, babeland.com)

DON'T BE BULLIED INTO YOUR BIG O!





A PSA FROM THE BIG BANG THEORY'S MAYIM BIALIK, PH.D. (YES, SHE'S A NEUROSCIENTIST!)

"I'm all for female sexual empowerment. But this 'women have to have an orgasm every time they have sex' business is stressing me out. Not me personally. But generally speaking, it's stressing me out.

As a scientist, I can assure you that the female orgasm is one of the greatest incidental occurrences of biology. (Thank you, Mother Nature. Huge fan.) Procreation does not need one to make babies; it's a delightful side effect of intercourse. Research suggests that women whose partners take the time to help them achieve orgasm feel more bonded to them and may even have a better chance of getting pregnant. (I love those studies.) So, yeah, Team Orgasm all the way.

However, the notion that 'sexual equality' means that every time your partner has an orgasm you should too is problematic. It creates an unnecessary pressure. You see, male orgasm is the finish line for the male experience. Women's orgasm is a horse of a different color. We can have orgasms before, during, or after sex and-thanks to the wonders of the female body—sometimes a few times in the course of one sexual coupling! (Shout out to Mother Nature again on that one!) But it's not imperative for us to have one, nor does it define our sexual experience as a whole. Sometimes we may not have the focus, energy, or stamina to make one happen, and that has to be okay. It's still sex without the orgasm; that's a biological fact."

FEEL ORGASMIC, EVEN IF YOU DON'T FINISH

Get your "OM," or "Orgasmic Meditation," on! Follow these feel-good, body-tingling tips from Maya Block, director of OneTaste L.A., which holds workshops on the practice.

What You'll Need: Your guy, some water-based lube, and a timer set for 15 minutes

How to "OM": Start the timer, then have your guy lube up his left index finger. Next, "he should make small, slow, light, up-down movements on the upper left side of your clitoris," says Block. Your job is to relax. "Keep your attention on your body temperature and the sensations. You're not waiting for a climax to end your meditation." When time's up, stop!



Emily Morse, sexologist

Host of the Sex with Emily podcast and author of Hot Sex: Over 200 Things You Can Try Tonight

WAKETHENEIGHBORS

If I'm more vocal in bed, will that up my chances of having an orgasm?

Yep, research shows that women who speak up feel more pleasure, as do their partners. Doesn't have to be dirty talk, per se. Even something as simple as "Oh yeah" or "Don't stop" can get the message across. Specifics? Bring it on. "I love it when you use your fingers while you go down on me," or "When you swivel your hips, I lose all control." This boosts your partner's self-esteem by reassuring him that what he's doing feels good; it also gives him intel on what you like and keeps you in the moment. If you're too shy, moaning will communicate your needs. ■

Your tutors are grannies and lesbians-proven sex goddesses! Studies show these women score big in the orgasm department. Memorize their tips.

FOR MORE FREQUENT Os

WISDOM SAYS:

"Masturbate. You have to learn how to have an orgasm by yourself first, so you can show your partner. Then just guide his hand to show him the way you like to be touched," says Shirley Zussman, Ph.D., a 101-year-old (!) practicing sex therapist.

LADY LOVERS SAY:

"It's hard to be orgasmic when you feel gross. Throw out your ratty underwear and let your hair down, and you'll be more likely to want to have sex in the first place," says Jenny Block, author of O Wow: Discovering Your Ultimate Orgasm.

FOR STRONGER Os

WISDOM SAYS:

"Arousal dissipates when you're too focused on pleasing the other person. To intensify your own response, be a little selfish in bed. Get into a position that you know works for you, or finish yourself off. Don't leave yourself out of the experience."

LADY LOVERS SAY:

"A blended orgasm activates nearly every square inch of erectile tissue. Have your partner insert a sex toy into your vagina, use his fingers or mouth for clitoral stimulation, then place a finger on your anus—all at the same time. I passed out from the pleasure once.'

FOR MULTIPLE Os

WISDOM SAYS:

"You have to get yourself very in-the-mood first by feeling connected to your partner. Turn off the TV, put down your phone, take a walk together. or make time to talk so you feel in sync before sex."

LADY LOVERS SAY:

"Instead of completely stopping after your first orgasm, keep a little hand pressure on your vulva so you don't lose clitoral contact, then slowly start stimulation again. You can keep going until you say, 'Enough!"

COMING UP LAST IN OUR SERIES?

OUR COMPLETELY UNCENSORED PACKAGE ON PROPER PROTECTION. **ALSO KNOWN AS** PREVENTING STDS.



with... Trai Byers,

32, star of *Empire* (and recently engaged to costar Grace Gealey!)

What's the most romantic gesture you've made for a woman?

Once, I left a dress and shoes in my apartment for the lady I was talking to at that point. She didn't know where she was going; she just had to be escorted by my friends-who had dressed up as butlersto where I was. I was waiting by a piano with a piano player, candles all around, and I sang a John Legend song to her. Just because. I'm a romantic-it doesn't have to be a specific day in order to make someone happy that they're with you.

Tell us something that not many people know about you.

My father was in the military and I actually lived in the Philippines for two years. We were evacuated 24 hours before a volcano-which was two miles from my house-not only erupted, but exploded. My two sisters, brother, and my parents and I left the Philippines with nothing but the clothes on our backs, came back to the U.S., and basically started over. That was in 1991. We went to Kansas City and then a host of other places.

Is there a habit you need to break? Gummy worms! I try to say no, but they call to me.

Best thing you've learned from a past relationship? It's okay to have disagreements. I

don't like conflict, and I'll do anything I can to avoid it. But ultimately, that's the only way to express some things that aren't as easily spoken as "I love you" or "You make me feel..."—all the positive stuff. That has made me a little more fearless in relationships and a little more blunt so we can get past all of the

Your exes would say that your most annoying quality is ...? My infatuation with

The Simpsons. I watch it all the time. It's one of the things that makes me the happiest in the world. You can't not like The Simpsons if you're with me.

-Faye Brennan

Fast Talk

- Long hair or short hair?
- Short hair, don't care
- > Lingerie or naked?
- Lingerie, because you're going to be naked anyways. Might as well have
- Your favorite dish to cook?
- Stuffed chicken breast with spinach and Gouda cheese.
- What do you sleep in? Pajama pants.
- > Dream city? Rome.
- **Best way** to handle heartbreak? **Luther Vandross** and a bottle of wine. It's true!

fighting and get into the loving.

Reach for RELPAX Savings

Talk to your doctor about whether prescription RELPAX® (eletriptan HBr) is right for you.

With the RELPAX \$10 Co-pay Card,* you may pay less than you would for a generic prescription.*

*Terms and Conditions apply. Please see below.



Download a co-pay card today at RELPAXsavings.com

†According to IMS data from May 2014, the average co-pay for other generic prescriptions on commercial health plans ranges from \$16.24—\$23.59. Products may not be comparable.

Terms and Conditions

By using the RELPAX \$10 Co-pay Card, you acknowledge that you currently meet the eligibility criteria and will comply with the terms and conditions described below:

- Co-pay cards are not valid for prescriptions that are eligible to be reimbursed, in whole or in part, by Medicaid, Medicare, or other federal or state healthcare programs (including any state prescription drug assistance programs and the Government Health Insurance Plan available in Puerto Rico [formerly known as "La Reforma De Salud"]).
- Co-pay cards are not valid for prescriptions that are eligible to be reimbursed by private insurance plans or other health or pharmacy benefit programs that reimburse you for the entire cost of your prescription drugs.
- · Patients must be 18 or older.
- By using a co-pay card, a patient may pay only \$10 per prescription. Savings
 provided by each co-pay card are limited to \$100 per month. Each co-pay card
 may be used once per month for twelve (12) months. Provided you continue to
 meet the eligibility criteria, you may be eligible to receive a second co-pay card
 during the offering.

- Each patient is limited to one active co-pay card at a time during this offering period and the co-pay cards are not transferable.
- You must deduct the value received under this program from any reimbursement request submitted to your insurance plan, either directly by you or on your behalf.
- The co-pay card cannot be combined with any other rebate or coupon, free trial, or similar offer for the specified prescription.
- The co-pay card will be accepted only at participating pharmacies.
- The co-pay card is not health insurance.
- This offer is good only in the United States and Puerto Rico.
- Pfizer reserves the right to rescind, revoke, or amend the co-pay card without notice.
- Offer valid from 4/1/11 to 12/31/15. No membership fees apply. For help with the RELPAX \$10 Co-pay Card, call 1-800-926-5334, or write: Pfizer, ATTN: RELPAX, PO Box 2225, Morrisville, PA 19067-8025. www.pfizer.com You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.





HOW OPPOSITES ATTRACT - BY DESIGN



On sale now wherever books and e-books are sold

You can't help what objects you fall in love with. But can you make that trendy new lamp jibe with your grandmother's heirloom dresser?

The fabulous Beekman Boys answer with a resounding "Yes!" in their new book, **Beekman 1802 Style**. Through stunning photographs from Country Living magazine, the boys illustrate their unique home design tips and tricks for mixing high and low, East and West, indoors and outdoors, traditional furnishings and sleekly modern elements, and more! You'll learn how to create the living space of your dreams.

A CountryLiving Book





"My friends all hate their cell phones... I love mine!" Here's why.

Say good-bye to everything you hate about cell phones. Say hello to Jitterbug.

SAMSUNG

jitterbug

666-

CALL?

"Cell phones have gotten so small, I can barely dial mine." Not litterbug®, it features a larger keypad for easier dialing. It even has an oversized display so you can actually see it.

"I had to get my son to program it." Your Jitterbug set-up process is simple. We'll even pre-program it with your favorite numbers.

"I tried my sister's cell phone... I couldn't hear it." | litterbug is designed with an improved speaker. There's an adjustable volume control, and litterbug is hearing-aid compatible.

"I don't need stock quotes, Internet sites or games on my phone, I just want to talk with my family and friends." Life is complicated enough... Jitterbug is simple.

"What if I don't remember a number?" Friendly, helpful Jitterbug operators are available 24 hours a day and will even greet you by name when you call.

"I'd like a cell phone to use in an emergency, but I don't want a high monthly bill." Jitterbug has a plan to fit your needs... and your budget.

Monthly Plan	\$14.99	\$19.99
Monthly Minutes	50	was 200 NOW 400
Operator Assistance	24/7	24/7
911 Access	FREE	FREE
Long Distance Calls	No add'l charge	No add'l charge
Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
Friendly Return Policy ¹	30 days	30 days

More minute plans available. Ask your Jitterbug expert for details.

"My cell phone company wants to lock me in on a two-year contract!" Not litterbug, there's no contract to sign and no penalty if you discontinue your service.

> "I'll be paying for minutes I'll never use!" Not with Jitterbug, unused minutes carry over to the next month, there's no roaming fee and no additional charge for long distance.

"My phone's battery only lasts a couple of days." The Jitterbug's battery lasts for up to 25 days on standby.

Enough talk. Isn't it time you found out more about the cell phone that's changing all the rules? Call now, litterbug product experts are standing by.

Mon Oct 26 iitterbug Available in Blue and Red.

Order now and receive a FREE Car Charger for your Jitterbug a \$25 value. Call now!





NEW litterbug5 Cell Phone

Call toll free today to get your own litterbug5.

Please mention promotional code 102018.

1-888-666-0354

www.jitterbugdirect.com

We proudly accept the following credit cards.



IMPORTANT CONSUMER INFORMATION: WE TALK offer valid on 400 minute plan and applies to new GreatCall customers only. Offer valid until plan is changed or cancelled. Jitterbug is owned by GreatCall, Inc. Your invoices will come from GreatCall. All rate plans and services require the purchase of a Jitterbug phone and a one-time set up fee of \$35. Coverage and service is not available everywhere. Other charges and restrictions may apply. Screen images simulated. There are no additional fees to call Jitterbug's 24-hour U.S. Based Customer Service. However, for calls to an Operator in which a service is completed, minutes will be deducted from your monthly balance equal to the length of the call and any call connected by the Operator, plus an additional 5 minutes. Monthly minutes carry over and are available for 60 days. If you exceed the minute balance on your account, you will be billed at 35¢ for each minute used over the balance. Monthly rate plans do not include government taxes or assessment surcharges. Prices and fees subject to change. We will refund the full price of the GreatCall phone and the activation fee (or set-up fee) if it is returned within 30 days of purchase in like-new condition. We will also refund your first monthly service charge if you have less than 30 minutes of usage. If you have more than 30 minutes of usage, a per minute charge of 35 cents will be deducted from your refund for each minute over 30 minutes. You will be charged a \$10 restocking fee. The shipping charges are not refundable. Jitterbug and GreatCall are registered trademarks of GreatCall, Inc. Samsung is a registered trademark of Samsung Electronics Co., Ltd. ©2015 Samsung Electronics America, LLC. ©2015 GreatCall, Inc. ©2015 GreatCall, Inc.



AKIHUK VHLAIN (SHUPPING CAKI); THE NOON PE



fer Wt. 20 OZ (1.25 LB / 567g)

zingstevia.com



WHO MADE THE ALL-STAR TEAM?

We started with hundreds of contenders. Then subsisted on packaged goods for three meals a day-for three months (you're welcome)—rendering our office a veritable mess hall. Once we'd narrowed

it down to the tastiest, easiest, healthiest buys, we ran each item by a panel of nutritionists, just to be extra sure (thanks to R.D.s Karen Ansel. Maureen Callahan, and Kerry Neville!). Meet our 55 winners.



Bonterra Wine Cabernet Sauvignon 2012 Organic vino: what was

once "somewhat drinkable" is now "totally divine." Take this medium-bodied red blend: Its bright berry flavors mingle with hints of vanilla and toasted oak for ultra smooth sipping. Pesticideand fertilizer-free.



Yogi Cranberry Spice Probiotic Balance Tea Yogurt, with its gut-friendly microbes, isn't the

only path to digestive bliss. This brew's all-natural spices like cumin

and coriander boast similar tummy-soothing properties.

Horizon Organic Lowfat Chocolate Milk Plus DHA Omega-3

The perfect post-workout recovery drink? Moo juice from cows that aren't hopped up on hormones The stuff's also spiked with a fatty acid that has been shown to help keep your noggin sharp as you age. Happy muscles, happy mind.

Kashi Organic Promise Sprouted Grains Cereal

Spoon me, begs this super cereal. It's packed with ancient grains and harvested at peak nutrition to help make their vitamins and minerals

more easily absorbable. A subtle sweetness helps it go down easy

Wild Planet Organic Roasted Chicken Breast, No Salt Added

Tinned meat may not have the most appetizing ring, but the free-range poultry inside this pop-top (no BPA) will elicit a "yum, we promise. With a fresh taste and zero additives—not even salt—it's an ideal base for killer chicken salads or lettuce wraps.

CHECK OUT MY **CHECKOUT**



Cathryne Keller, WH Associate Editor

"SILK'S CASHEW DRINKS ARE DREAMY-CREAMY-NOT WATERY LIKE SOME OTHER KINDS-AND I LIKE THAT I CAN RECOGNIZE ALL THE INGREDIENTS. THEY'RE AWESOME FOR BAKING OR FOR JUST SIPPING SOLO, AND THEY MAKE SMOOTHIES TASTE MILKSHAKE-ESQUE! DAIRY CAN BUG MY STOMACH, SO SWITCHING TO THIS WAS A NO-BRAINER."



Silk Chocolate Creamy Cashewmilk

PRODUCT PHOTOGRAPHS: MATT RAINEY

CHECK OUT MY **CHECKOUT**



WH Editor-in-Chief

"I FOUND MYSELF AUDIBLY 'MMM'-ING WHILE EATING THIS. THE CHEWINESS OF THE OATS IS A GREAT CONTRAST TO THE VELVETY YOGURT, AND THE PEACH BITS TASTE RIPE. I'LL BE STASHING A FEW IN MY WORK FRIDGE."



Chobani Greek Yogurt Oats in Peach

CHECK ME OUT...

Hans & Franz? Light-

Wonderful Pistachios Lightly Salted A kiss of salt brings out the buttery notes of these shelled beauties. Toss back a handful pre-workout for a sustained blast of

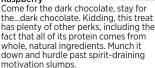
protein and energy-



boosting magnesium, and go stronger, longer. Premier Protein Chocolate Mint Fiber

Bar A one-two fiber-protein punch that helps you build muscle and avoid a post-nosh crash—sans the jaw-taxing hardness a lot of power bars have. And let's not forget: dead-on cookie taste for a fraction of the sugar!





Sargento Balanced Breaks Natural White Cheddar Cheese with Sea-Salted Almonds and Dried Cranberries Like a precisely portioned mini cheese plate, this tray dishes

you whenever you're dragging.

up just-right amounts of protein, carbs, and healthy fats to recharge

Blue Diamond Bold Sriracha Almonds

It's superfood, squared: the bellyflab-melting power of almonds + metabolism-smoking

spice. A classic overachiever, these nuts are also a great source of vitamin E. an antioxidant that's essential for healthy skin and eyes.

Gaea Olive Snack Pitted Green Olives Marinated with Lemon & Oregano

Tapas to go? Snack time just got way chichi. Each gym-bag-ready 60-calorie pouch is

exactly how you'd sate a savory hankering if you were at home...in an olive grove...in Greece...with your own personal chef.

Justin's Snack Pack Maple Almond Butter with Pretzels

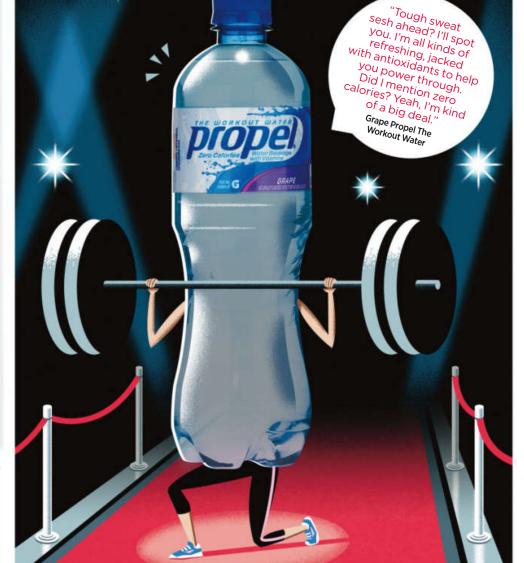
This salty-sweet duo is as fun to eat as it is satisfying: Dip the gluten-free pretzel sticks in protein-heavy nut butter and slay hunger for several hours. (It's vegan too.)



EAS Lean 15 Bar Chocolate Butter



We don't condone skipping meals, but hey, it happens to the best of us. With 19 vitamins and minerals—including invigorating iron, bone-strengthening calcium, and (whew!) 40 percent of your daily vitamin C needs—this bar is almost a meal-in-one.





CHECK ME OUT...

do on busy weeknights,

Tyson Grilled and Ready Fully Cooked Chicken Breast Strips

Just dip into this stash of juicy white meat for impromptu quesadillas, salads, or sandwiches. P.S. The world needs

more resealable bags like this one that, you know, actually reseal.

StarKist Pink Salmon in Water

Most of us don't even get near our weekly omega-3s quota. Enter this health-food staple, now in a nonperishable, 70-calorie, tear-anddevour pouch. Spread it

on whole-wheat crackers, stuff in wraps, or press into easy salmon burger patties.

Luvo Turkey Vegetable Lasagna

This steams-inminutes frozen pasta slashes cals with low-fat

ricotta and crams in kale, spinach, and collard greens to help you rack up nearly a quarter of the fiber you need in a day. The aromatic sauce lends a



MorningStar Farms Spicy Black Bean Enchilada Veggie Bowl

Voilà: A microwaveand-done meatless meal that doesn't skimp on nutrients,

with as much potassium as a banana. One judge described this flavor bomb as "tongue-tingling, but not burn-the-roof-of-your-mouth hot."

Hormel Natural Choice Raspberry Chipotle Deli Turkey Sammies from your local

gourmet deli have nothing on these nitrate- and preservative-free slices. Thanks to a sweet heat from berry and spice, there's no need for caloric condiments.

Quaker Real Medleys Summer Berry Granola

Cereal for dinner? We like-y. Cereal that isn't overly saccharine but still tastes amazing? We love-y. Break out this light, crunchy mix of rolled oats, rice

crisps, and cornflakes on nights when you just cannot deal.



to share. Luckily, I serve you, and you alone. In

Saffron Road Beef Bulgogi with Brown Rice

TV dinners don't have to be sad, secretive affairs Exhibit A: This

2.0 version of the Korean fave, made with pasture-raised beef, mushrooms, bok choy, yellow peppers, and scallions.

Raspberry Pomegranate Consider this can your can-do aide—for lending you some verve in the a.m. or getting past 3 p.m. dips. With just 90 calories and an entire day's worth of vitamin C, it's a pick-me-up you won't







later regret.

HOLA, SUPER-FOOD



Welcome to where nutritious meets delicioso. Only Avocados From Mexico are available all year round, and they're always fresh. The next time you're whipping up a snack, make it a little more special with the top-selling avocado brand in the U.S.





CHECK OUT MY **CHECKOUT**



Theresa O'Rourke, WH Executive Editor

"HARD-BOILED EGGS ARE MY A.M. GO-TO, BUT BOILING AND PEELING THEM IS ONE OF THE MOST TEDIOUS THINGS ON THE PLANET. ALSO: KITCHEN STANK. THESE BAMBINOS ARE FRESH (NEVER A GREEN RING AROUND THE YOLK) AND DELICIOUS (NO ROGUE PIECES OF SHELL)."



Eggland's Best Hard-Cooked Peeled Eggs

CHECK ME OUT... block-so I know just

Newman's Own Zesty Italian Dressing The blend of garlic, bell pepper, and spices tastes Mom-made. Pro tip: Try it as a marinade for chicken or fish-the oil-acid ratio is perf for locking in moisture to tenderize proteins.



Ready to Serve Brown & Wild Rice White on

rice: so overrated. This whole-grain blend has a meaty texture and nutty flavor that transforms sleepy green salads, no cooking required. Wanna serve it hot? Pop it in the micro for one minute or toss it into veggie stir-fries.

Barilla White Fiber Penne With the same familiar

look, taste, and texture of traditional semolina pasta but three times as much fiber, these noodles will leave you satisfied enough to (seriously) stick to a single serving.



Twinings English Breakfast Tea

Green may get all the health-haloed glory, but this darker, tarter, more robust brew has been linked to a lower risk of type 2 diabetes and may help fight cavities. Plus, up to 25



milligrams of morning caffeine. Zing!







CHECK ME OUT...

Grady's Cold Brew Bean Bags Ta-ta, messy coffee

grounds or snooty baristas. Soak these in water overnight, wake up to low-acid java with sweet-ass flavor (it's chicory, not sugar).



Zico Chilled Juice Orange Juice Blend Come on, everybody's

drinking it. But this coconut water goes beyond, combining ultra-hydrating electrolytes with classic OJ taste.



Oberto Spicy Buffalo Style Chicken Strips

This jerky comes from cage-free birds, with no gluten or hormones, in the flavor of zesty hot wings.



Stacy's Pita Chips in Fire Roasted Jalapeño Baked but still crunchy,

these are infused with their own gotta-have-it heat, making them a solid partner for creamy dip or a surprising crouton alternative.



CHECK ME OUT...

Purina One Smartblend True Instinct Grain-Free Formula

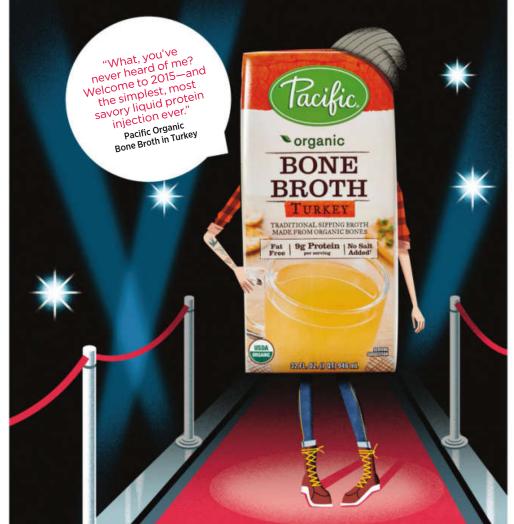
It's paleo for pups: The protein-rich formula uses real chicken to give your four-legged friend the energy to zoom around the dog park.



Plum Organics Hello Morning Apple, Cinnamon & Quinoa Oatmeal

Sweetened with real fruit, this cereal offers 12 grams of chewy whole grains for the 6-month-and-up set.







Planters NUT-rition Men's Health Recommended Mix A salty snack (just peanuts, pistachios, and almonds, no

extra junk) that builds muscle, fights fat, and helps keep his ticker going strong.

NUT-rition

Natural Balance Wild Pursuit Trout, Salmon Meal & Tuna Formula

This minimally processed kibble will please even the pickiest kitties. It has prebiotics for healthy digestion and fatty acids for shiny fur.



Milk-Bone Good Morning **Daily Vitamin Treats** Until Max can pop his own multivitamin, these treats ensure he's getting all the nutrients he needs, including fiber and immune-boosting beta carotene





Sure we made that word up.

But here are a few words we didn't.

100% whole grain,

whole lot of delicious.



UNIQUE IN EVERY WAVE"





CHECK ME OUT...

some mornings. Let me

Annie's Oatmeal Cookie Bites Made with real molasses and cinnamon, these nibbles put Grandma's homemade batches to shame. One cookie clocks in at under 30 cals, and most of the ingredients are organic.



Whole Blueberries Dipped in Dove Dark Chocolate When you can't choose between a fruity treat and a chocolatey one, these real berry confections have all your taste buds covered. Also: fiber

Fruttare Mango

Each refreshing

Fruit Bars

frozen stick

sorbet-style

creaminess and fresh-from-the-

flavor—for under 100 calories

mango-grove

brings

a pop.

and brain-amping flavonoids.

Quinn Popcorn Made with Coconut Oil The tropical oil gives a traditionally salty treat a dessert-worthy makeover. Shoveling in a few handfuls fills you up on whole grains. Can you say the same, crème brûlée?



Skinny Cow Blissful Truffle Candy Bar A mouthful of bliss, indeed. This chewy, creamy, chocolatey bar packs toecurling (ahem) gratification into a scant

130 calories.



CHECK OUT MY **CHECKOUT**



Jill Waldbieser, WH Food & Nutrition Editor

"I'M OUT THE DOOR SO EARLY, I RARELY HAVE TIME TO GRAB COFFEE, LET ALONE MAKE BREAKFAST. PREMADE EGG PATTIES AREN'T USUALLY MY THING, BUT THIS ONE IS NONRUBBERY AND SERVED UP WITH REAL BACON-HELLO!-ON PILLOWY, SOFT, SWEET FLATBREAD, FOR FEWER THAN 300 CALORIES. IT MAKES ME FEEL LIKE I COULD ALMOST BE A MORNING PERSON."



Jimmy Dean Delights Honey Wheat Flatbread Bacon, **Egg & Cheese Sandwiches**

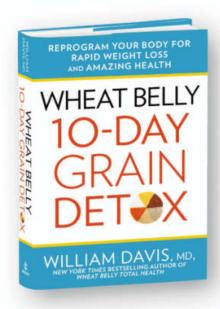
FIND EVEN MORE GROCERY-STORE **GOODIES AT**

WomensHealthMag.com/ SupermarketStars

GRAIN-FREE, HEALTHY, SLENDER

The #1 New York Times bestseller Wheat Belly changed the national conversation about health and weight loss. Now, by popular demand, Dr. William Davis has created an easy stepby-step program to free yourself from the toxic effects of wheat and grains. Wheat Belly 10-Day **Grain Detox** gives you the meal plans and delicious recipes you need to go grain-free in the shortest time possible.

On sale now wherever books and e-books are sold.



You can also take your 10-Day Grain Detox to the next level with a NEW online course from Dr. Davis and Rodale Wellness! To sign up and get a free preview, visit rodaleu.com/wheatbelly.











CHECK ME OUT...

BaoBites Superfruit Snack in Blood Orange The African

fruit baobab, from which these tiny, strangely addictive cube-shaped morsels hail, has more antioxidants than blueberries.



Organicville Organic Red Miso Think of this fermented soybean paste as the

chicken

bouillon of the Far East. It adds an umami hit (and two grams of protein per serving) to soups, stir-fries, and marinades. ■

CHECK OUT MY **CHECKOUT**



Faye Brennan, WH Senior Editor

"I'LL DRINK WHAT JENNIFER ANISTON IS DRINKING! SERIOUSLY, THOUGH, IT MAY BE JUST WATER, BUT I LIKE THE WAY IT TASTES: CRISP AND CLEAR."



Glacéau Smartwater

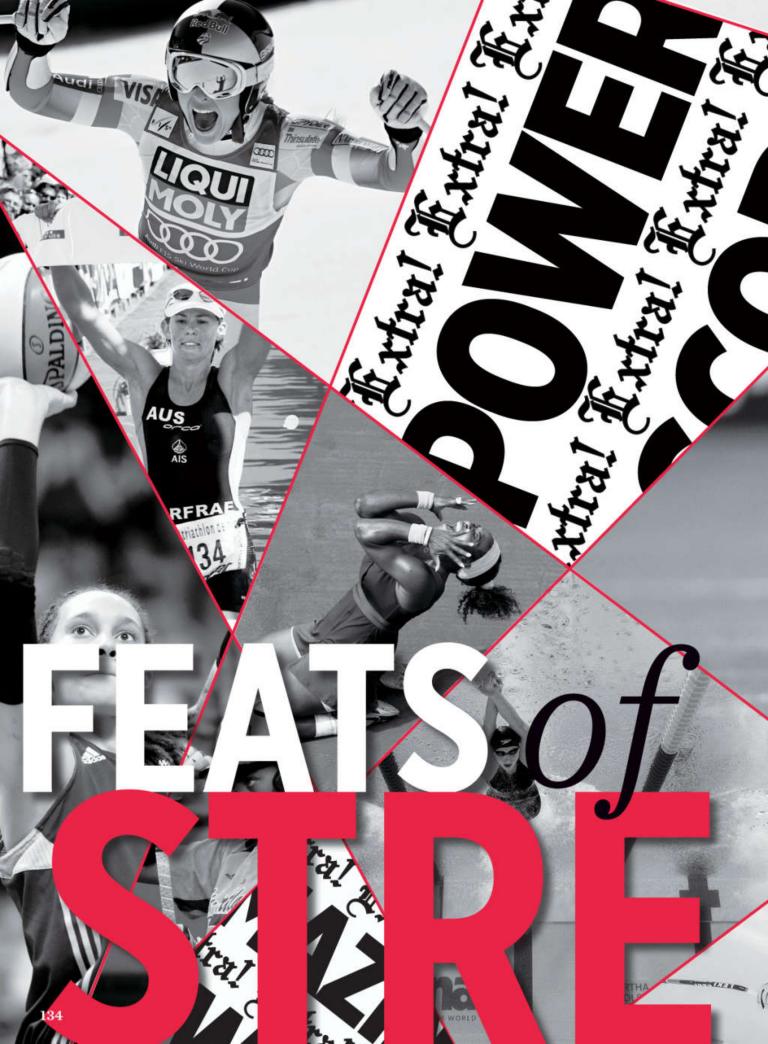
Quality Never Stops

Half the Calories of Butter

In the morning, discover the natural and tasty flavor of BelGioioso Mascarpone on toast with fresh fruit. Then, add it to your pasta

*No significant difference has been found in milk from cows treated with artificial hormones.







MOM COMPLETES IRONMAN FOUR MONTHS AFTER GIVING BIRTH

> ust one year into her career as a pro triathlete, 35-year-old Beth Gerdes discovered she was pregnant with her first child. Happy surprise, but the timing wasn't ideal. Beth's doctor immediately scaled back her training from an aggressive 30 hours a week to 10-a mix that included running, strength training, cycling, and swimming. Not exactly a ninemonth exercise sabbatical, yet she still feared for her professional future.

> "In the middle of my pregnancy, I got pretty down," she admits. "I told my fiancé [pro triathlete Luke McKenzie], 'I'm never getting back.'" Instead of letting her sulk, he encouraged her to set a big post-pregnancy goal. For Beth, that meant one thing: qualify for the 2015 Ironman World Championships in Kona, Hawaii, a grueling race that would take place 17 months after her due date.¹ To do so, she'd need to collect enough "points" (earned in smaller competitions) to rank her in the top 35 women in the world. Read: After delivery, she'd have to pull a Marissa Mayer and get back to work-ASAP.

> On May 29, 2014, her daughter Wynne (sounds like win) was born, and six weeks later, she began training with an exercise specialist to mount her comeback. It wasn't easy. "Every workout felt like an Ironman," she says. "I was out of breath and exhausted.2 But having that goal got me out the door every day." Her first post-pregnancy race—an insane three

months and 28 days after her daughter was born-was "the most difficult Ironman I've ever done," she savs. Undeterred, she focused on her finish line. And on July 19, 2015, with her fiancé and 13-month-old cheering her on, Beth had the race of her lifecoming back from 17 minutes behind the leader to win her first professional Ironman and secure her coveted spot in Kona this October.

"My biggest joy is that we've done all this as a family from the beginning," Beth says. "You realize you're racing for more than yourself now. Some days you want to quit, but then you think about the lessons you want to teach your kids, like perseverance, and you just keep going."

DID YOU KNOW?

>The hormones that cause the cervix to soften during pregnancy also cause laxity in tendons and ligaments, increasing flexibility in even the most inflexible. (And we're talking well after you've had the baby.) Time to sign up for a yoga session, yo!

>Wackadoodle flashback: Nineteenth-century medical pros once believed a woman's fallopian tubes would drop out if she tried to exercise. Thank god it's 2015, where docs know ladies can and

2 / Ironically,

training while

new moms: In

one study,

30-minute

Pilates routine

five days a week

for eight weeks

after delivery

reported less

physical and

mental fatique

than women

who didn't

exercise.

a light,

tired can benefit

women who did

should work out regularly-even when you're pregs (it can help you bounce back faster after delivery!).

race at the 2015 USA Track & Field Indoor Championships six months after giving birth. (And also raced the 800m at the USATE Outdoor Championships when she was eight and a half months

pregnant!)

1/ Another

example: Alysia

Montaño, who

won the 600m

beyond

STEAL A PAGE

KEEP IT GOING

"A woman who exercises reasonably during her pregnancy and has a normal delivery can get back to her regular fitness level within three months of giving birth," says Jim Pivarnik, Ph.D., professor of kinesiology and epidemiology at Michigan State University. Need more incentive to keep moving? How about this: Women who sweat it out throughout their pregnancy are 20 percent less likely to have a C-section, according to an analysis of 28 studies in Obstetrics & Gynecology. Regular exercise also reduced the odds of having a large baby by 31 percent (ask any woman who's been through childbirth—that's a great stat).

CREATE SOLUTIONS, NOT EXCUSES

fatigue, and child care. "They're the same ones for the fit and unfit," says Pivarnik. The crucial difference is your perspective. Some use these obstacles as an excuse; others find ways to deal with them. (Beth, for instance, rerouted her long runs and rides into short loops so she could swing by home to breast-feed halfway through.) By far the simplest way to increase your follow-through: Pencil in your workouts. Researchers found that when they asked people to formulate a plan for where and when they would exercise, the subjects showed a 91 percent chance of sticking to it.







ome people chase their passions. Others, like Faith Dickey, sort of fall into them. During the summer she was 19, the Austin native was hanging at a local park when she noticed a rope tethered a few feet off the ground between two trees-and people attempting to walk across it. It was her first run-in with a slackline.

Unlike a taut wire circus tightrope, this one-inch-wide fabric webbing swings and gives with every step. Faith took a stab at it but gave up after five minutes of trying (and failing). A few weeks later, she walked away from a car crash unharmed—a seemingly random catalyst that led her back to the line. She was miserable—working five different jobs-and slacklining "became my vacation from the world," says Faith. "It's just you and the line. It doesn't affect anyone else if I cross it or if I don't. It's strictly for me."

That summer, those few steps turned to hours of practice in her free time. A year later, while traveling in Europe, she took it to the next level: highlining, or walking on lines raised hundreds and thousands of feet in the air, a small harness her only security.1 Today, at 26 years old. Faith is considered one of the most fearless highliners in the world. She's crossed a 345-foot void in Moab, Utah, and passed over a valley in the Swiss Alps while 4,000 feet above

the ground; she owns multiple female records, from free soloing (no harness!) to waterlining (across rushing waters!) to slacklining in high heels (we repeat, high heels!).

make each walk impressive: "Through highlining I've learned that anyone can train hard, but there is no tougher challenge than overcoming your mind," says Faith. "Even if you're not afraid of heights, putting yourself high off the ground on a wobbly one-inchwide band goes against instinct. Raw fear is telling you to give up, that you shouldn't be here, the entire time.2 But there's something truly magical that happens when you can move past that."

DID YOU KNOW?

2/ "Your

breath and

connected.

When you

mind calms

down," says

Faith, who

mentally

breathe deeply

and slowly, your

repeats mantras

like "breathe"

and "control" to

help her focus.

mind are very

>Balance is controlled by your central nervous system and its ability to recruit

consistent feedback from your eyes, muscles, and inner ear about your body's spatial orientation. In other words: Dude, don't drop!

>The closer a given center of mass is to a pivot point (in Faith's case, her feet on the line), the faster the body will rotate, which can make maintaining balance more challenging for women (who have a lower center of mass).

It's not just the length or height that

MIX THINGS UP

Slacklining actively strengthens the communication between your nervous system and your muscles. Not a fan of heights? You can boost your own brain-muscle bond by grabbing a sandbag at the gym instead of dumbbells. The shifting sand means you never get the exact same movement pattern twice, which increases the chatter between these two and over time can help recruit more motor units (your muscle fibers' mini on-switches). Get more of those going, get results faster.

naturally gifted, but the truth is, many

worked for y-e-a-r-s to hone that talent.

And a lot of that progress takes place in the head. "Our brains are much more

plastic than we once believed," says

Nancy Berryman Reese, chair of the

physical therapy department at the

activity can cause areas of the brain

related to that activity to change, allowing a person to strengthen a skill."

University of Central Arkansas. "Physical

Whether it's playing the guitar, learning

French, or running long-distance, the

equation for change is simple: practice

Plenty of bummer thoughts (to-do

lists, relationship probs, bills) can kill

your workout vibe. For some, getting

into lotus position does little to silence

meditating when I'm sitting still, but if I

slacklining—it becomes easier to focus,

one-size-fits-all method to meditation.

the noise. "I have a hard time

add a physical activity to it-like

to tune that out," says Faith. Your quiet may come while running or weight lifting. The point is, there's no

and patience.

FIND YOUR OWN ZEN

1/ There's not really an official definition as to what makes a highline, but as Faith explains, "if you were to fall off, hit the around, and definitely die, then it's a highline.'

DAVE PITTS/RAY OF LIGHT PHOTOGRAPHY

PINT-SIZE LIFTER HOISTS THREE TIMES HER BODY WEIGHT

ake a look at the woman to the right. Whoa. Well, there's even more whoa where that came from. Two years ago, that fiercely fit chick had never so much as eyeballed a dumbbell.

Her name is Steph Puddicome, and today, she's a serious force in women's powerlifting—all 5 feet and 100 pounds of her. The 29-year-old is a two-time Canadian national champion who has set 30 national records in the sport. At the Canadian Powerlifting Union Nationals this past April, she deadlifted 353 pounds—well over three times her body weight.1

To be fair, it's not like she was some big slouch before. She was a dancer and had a second-degree black belt—so always pretty athletic. But it wasn't until she decided to sign up for a six-week program at a local gym that she lifted for the first time.

"I loved it from the first

squat." she says.

Perhaps that's because her petite frame held a surprisingly big advantage: Deadlifting is about using maximum force to recruit as much muscle mass as you can in an incredibly coordinated effort.2 "Her short torso and legs give her a greater ability to produce the kind of absolute force and efficiency needed in the movement," says Scotty Butcher, Ph.D., a professor of physical therapy at the University of Saskatchewan in Canada.

While she admits there's something super cool (and, okay, badass) about being able to lift such an epic load, it's much more than physical for Steph: "Lifting has completely changed who I was. I used to be incredibly shy, and this has built my confidence," she says. "My favorite quote from my coach is written on the squat rack I train at. It says: 'I always stand up.' Whenever I am lifting heavy, I repeat that over and over in my head. 'I always stand up.' I know that I will never fail."

2 / Deadlifting can generate more weight and force than any other lift and could work more muscles at once (back. glutes, hips, pelvis, leas. arms, shoulders, traps) than any other movement. I.e., it's one hell of a multitasker.

STEAL A PAGE

LOAD UP ON IRON

Once and for all, can we put a stop to all the jabbering about how lifting weights makes women "bulky"? Instead, let's focus on something a little more positive: Pumping iron is one of the best ways to slim your waistline. A study in *Obesity* found that if you're going to add 20 minutes to any routine, make it weights over running. Participants who used that time to lift weights whittled twice as many centimeters from their waistline as those who opted for aerobics.

TECHNIQUE IS EVERYTHING

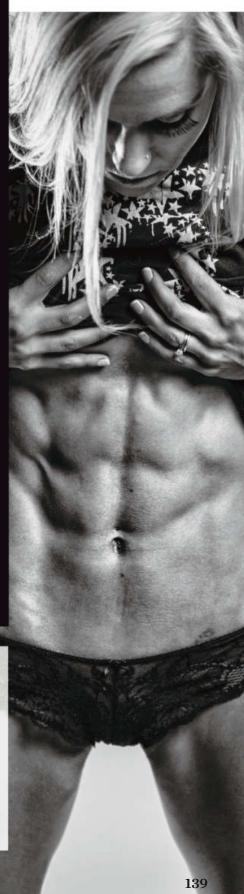
Lifting superheavy weights stresses the body—working your muscles to their limit, putting pressure on your joints, taxing your neurological system. But proper positioning can help trump that, says Butcher. Take Steph: When her coach made a slight tweak to the position of her feet during a squat, her lifts went from 240 pounds to 300 pounds—nearly instantly. When you're looking to step up the weight you're lifting, arrange for a private session with a strength coach or personal trainer to review your form.

MINDSET MATTERS

The night before any big event—on the field or in the boardroom—spend a few minutes walking through every step. That mental imagery is key. A study published in the *Journal of Applied Sport Psychology* found that, among other things, when athletes envisioned themselves achieving a goal before a competition, they lowered their anxiety, increased their confidence, and boosted their performance.

DID YOU KNOW?

- >Even though you mostly remain planted in one place, a heavy powerlifting set (of five or six reps) can get your heart rate up as high as an all-out sprint would.
- >Testosterone does more than build muscle: The hormone also helps maintain bone mass in women and can contribute to sex drive. Men can have over 10 times as much of the stuff as ladies do, but pumping iron can boost your Ts. Kinda hot.



show how lifters stack up across different weight classes. The guy at nationals with an overall Wilks score closest to Steph's? A 201-pound dude who lifted about 606 pounds.

1/ Powerlifting

uses the Wilks

formula to



1/ If glycogen stores get too low (as they can durina endurance sports), blood sugar levels drop, which can starve the brain and cause neurons in the occipital cortex to warp incomina images. The result: hallucinations. In Cuba, Diana

n her twenties, Diana
Nyad set a speed record
circumnavigating
Manhattan. By her 30th
birthday, she broke the
open-ocean world record for
both men and women. Science would
say that Diana—just like any other
twenty-something athlete—was at
her physical peak.

Ha. In 2013, at the age of 64, she slipped into the shark-infested waters off the coast of Cuba and began a 110-mile swim to Key West, Florida. Diana had attempted this before. First in 1978, when, at the age of 28, she made it 79 miles before strong winds and epic swells knocked her so far off course that her crew had to pull her out. She failed three more times in 2011 and 2012, derailed mostly by run-ins with deadly box jellyfish. But this time around, after a grueling 52 hours, 54 minutes, and 18 seconds, she reached Smathers Beach in Florida. Her lips

were swollen, her skin rubbed raw from salt water. She was exhausted in every sense of the word, but also elated. A year from being officially crowned a senior citizen, she was now the first person to ever cross the Cuba-to-Florida route without a shark-proof cage. "I'm a better athlete in my sixties than I ever was," she proclaims. "I've become slower, lap by lap and mile by mile, but I'm stronger and fitter. 2 And most important, more appreciative."

As people get older and their athletic prowess naturally begins to taper, often the *what* (which workout or race you're tackling, and how well you're tackling it) becomes far less important than the *why* (what's driving you to do it). Diana's a perfect, if not shocking, example of that: "It's not like I have some incredible passion for long-distance swimming," she explains. "But even from a young age, I've just always been drawn to chasing big challenges—ones that take everything

DID YOU KNOW?

>Research shows swimming torches calories, puts less stress on your joints, improves your mood—and can even help you live a longer, healthier life. One study found swimmers have lower heart rates, better blood pressure, and improved circulation compared to non-swimmers; another found that some swimmers have lower mortality rates than those

who are sedentary, walkers, and runners.

the neurons
that supply your
muscles start to
die, which can
lead to a decline
in muscle mass.
Atrophy hits
fast-twitch
muscle fibers
hardest, which
is why speed
typically fades
before
endurance.

2 / With age,

>Starting around your 40s, blood vessels and arteries begin to stiffen, and your maximum heart rate declines, which is generally viewed as a cause for the drop in aerobic capacity, a determining factor in how long and how hard you can exercise.

thought she saw

seven dwarves.



EverWalk, a trek across America intended to open a dialogue about obesity, and recruiting a million people to walk with her—including First Lady Michelle Obama. Not because she wants to trump Forest Gump or thinks it will be fun ("it's going to be a kick in the pants," she says), but because she wants "to help create real social change in this country."

Diana admits to going soft, in one sense at least. "I'm kinder, gentler, more compassionate," she says, noting that when you're young, ambition is often driven more by ego, less by gratitude. "You won't believe me, but you're going to blink and you'll be my age," she says. "You won't succeed at everything you do, but to choose inaction, to just sit around...well, I think that's the biggest crime there is against this one life you have." ■

checkups, which can contribute to a longer, healthier life. Make a conscious effort to note more of the good things you've got going on.

PLAY MIND GAMES

Human fatigue doesn't exclusively reside in your muscles; a lot of it is controlled by your brain. During her record-breaking swim, Diana's team had one rule on the boat: Never let her know the time, hours, or miles she had left to go. "The very last night, she didn't know it was the last night; she thought she had two more," says Bonnie Stoll, a friend and trainer who was the leader of Diana's expedition. Research backs that you can trick yourself into going harder and longer. Can't seem to shake that I'm-too-tiredto-go-on feeling? Strip some feedback from your sweat sessions: Take a workout class where you can't watch the minutes tick by; or ask a running buddy if you can join her for a jog, then ditch your watch and follow her lead.

BY THE NUMBERS

No words. Let these mind-blowing stats inspire the crap out of you.

> Number of days (plus four hours and two minutes) to finish fastest solo woman bike race across America, Seana Hogan

Most apples crushed with biceps in one minute, Linsey Lindberg

Hours spent in shark-infested **17.2** waters by first woman to swim from the Farallon Islands to the Golden Gate Bridge, Kim Chambers

> Age of the youngest woman to complete the Hawaii Ironman Triathlon, Lokelani McMichael

Daily miles logged on the Pacific Crest Trail (2,650 total) by fastest recorded female hiker. Heather Anderson

Hours spent running 311 miles without any sleep, Kim Allan

Age of the oldest woman to complete a full marathon at the San Diego Rock 'n' Roll Marathon with a time of 7:24:36, Harriette Thompson

131 Miles per hour traveled by the fastest women's tennis serve ever recorded, Sabine Lisicki

Minutes spent in the longest-held forearm plank by a female, Eva Bulzomi

Pounds deadlifted by 77-year-old, 105-pound woman, Willie Murphy

1,206 Knuckle pushups in one hour, Eva Clarke

17,820 Weight (in pounds) of vehicle that was pulled over 100 feet, Lia Grimanis



So it's just not fall without rich berry lips and charcoal lids? Girl, please. The most intriguing makeup shades now bring serious heat and come bearing plenty of perks: glowy skin, fewer zits, less wrinkles! (We'd like to see smoky eyes promise that.)

BY MOLLY NOVER-BAKER
PHOTOGRAPHS BY JEAN-PHILIPPE MALAVAL

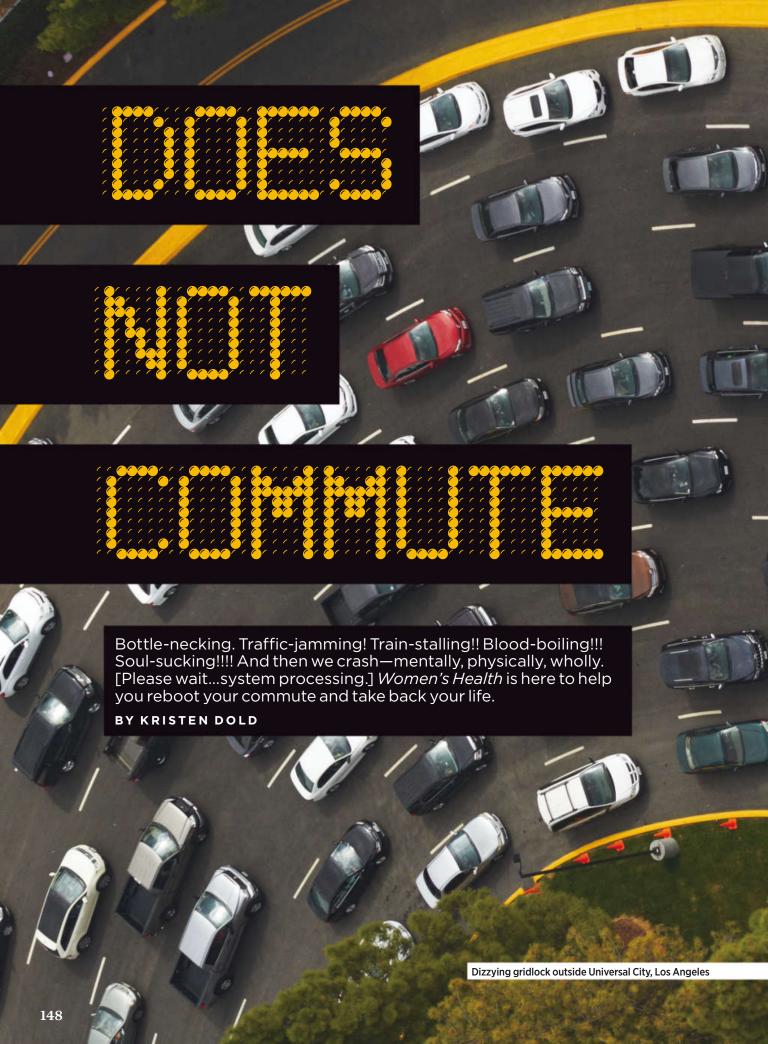
















Commuting more than 15 miles one way has been linked to weight gain. Yes, due to the butt coma, but also stress-induced cortisol surges that spur your body to scarf junk and store fat. We can't shave time off your trip, but we can help offset the rising scale.

COMMUTER'S CURSE

Between honking horns, squealing tires, and subway rumbles, you're so frazzled by the time you get to work that you stress-eat yesterday's crumbs off your keyboard.

HIT THE BRAKES

Research shows the more traffic noise you're exposed to, the more likely you may have extra belly fat (the most dangerous type of chub). Invest in noisecanceling earbuds, like Sony's ZX770BN Noise Cancelling Bluetooth Headphones (\$230, amazon.com). They can mute your surroundings entirely, and there's no cord to get tangled up in your bag.

COMMUTER'S CURSE

You're lucky to get your bra snapped correctly before running out the door-no time to eat anything. The result: Half your paycheck goes to the doughnut shop next to your office.

HIT THE BRAKES

Sunday night, pull together a to-go breakfast packed with healthy carbs, friendly fats, and protein—the best combo to keep energy levels up. Exhibit A: mini frittatas that are delish hot or cold. Mix five eggs with one cup of chopped veggies and a sprinkling of low-fat cheese. Pour into five muffin tins and bake for 15 minutes at 350°F. Brekkie for the week, sorted.

COMMUTER'S CURSE

You're so wiped out when you get home that you barely have the energy to dial for delivery (but somehow, you manage).

HIT THE BRAKES

Survey says: We usually consume an extra 190 calories while chowing on takeout as opposed to a home-cooked meal, so if you've got to phone it in, order fare that isn't fried, breaded, or bathed in creamy sauces. Pile on the veggies

where you can. Your best bets are Thai spring rolls, steamed shrimp dumplings, chicken fajitas (limit the sour cream and cheese), and sushi.

COMMUTER'S CURSE

You can't hit the gym M-F, so on the weekend you work out for two hours on both days. Bad? Good? Better than nothing? Bueller?

HIT THE BRAKES

Two days well spent can actually be more effective than four to five misdirected workouts during the week, says certified strength and conditioning specialist Greg Robins. To give your muscle fibers time to repair, vary your workouts (for example: tennis Saturday, strength training Sunday). Then, during the week, eke out 10 daily minutes for short bursts of activity (a brisk walk to the train counts!) to combat the higher injury risk seen with most weekend warriors.

SUCK A LITTLE LESS...

Just download these free apps.



Reserve a (discounted!) space in a parking garage, then use a QR code from your phone to enter and exit (no more lost tickets). Cancel at any point up until your start time.



Not a fan of cramped, tight rides? This public transit navigation app tracks overcrowded buses and trains, service changes, and delays, plus serves as a GPS



It gives work-goers the fastest routes for getting to and fro and even calculates how many cals you burn getting there.

THE PEOPLE ON THE BUS GO...

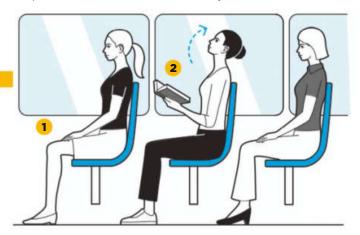
Ouch, mostly. In fact, about 25 percent of folks who commute as little as 10 minutes each way, via any mode of transport, report recurring back or neck pain. How to keep aches in check no matter how you roll.

RIDING THE BUS

SCOOT YOUR BUTT **BACKWARD** until your back is at a 90-degree angle to your legs and your feet are flat on the floor (your knees should also be bent 90 degrees). Shorties should use the foot rest.

2 LOOK STRAIGHT AHEAD

to avoid "text neck"-related spine degeneration. Lost in a book? Every 15 minutes, gaze at the ceiling for 30 seconds to stretch your neck.



DRIVING A CAR

1 RAISE THE SEAT UP (OR DOWN) so you can see the road over the wheel without tilting your head. Perching too high or low can strain neck muscles.

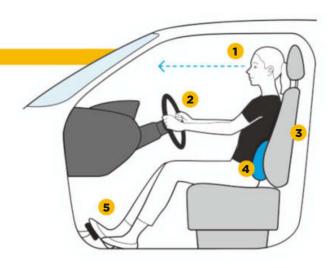
3 TO DECREASE PRESSURE on the disks in your lower spine, angle your

seat back so it's a little less severe than a perfect L-shape. AT NINE AND THREE: gripping the top of the wheel can tax your shoulders and neck.

2 POSITION YOUR HANDS

USE A LUMBAR SUPPORT PILLOW (or tuck a rolled hand towel between the small of your back and the seat) to slash your risk for low back pain.

5 MOVE THE SEAT FORWARD until you can press the gas pedal with the ball of your foot, keeping your heel on the ground.



STANDING ON THE SUBWAY

1 STAND TO THE SIDE OF THE POLE. If you face it head-on, you'll fall backward or forward in a sudden stop.

3 SLIGHTLY BEND YOUR KNEES, AND STEP ONE FOOT IN FRONT OF THE OTHER. Shift your weight back and forth between your legs for balance.

LIGHTLY GRIP THE POLE. Leaning on it puts extra pressure on your heels and is

unstable for your pelvis and hips; it also puts more stress on the shoulder and arm.

REST BAGS AT YOUR

FEET; heavy loads put you at risk for back and shoulder injury, especially when held on one shoulder. Floor covered in goo? Alternate carrying sides every 10 minutes.



Source: Rob Danoff, D.O., spokesperson for the American Osteopathic Association

151 ILLUSTRATIONS BY JASON LEE

A TALE OF TWO TRIPS

WH editors with very different door-to-doors

"THIS CRAP IS KILLING ME!"

Last Christmas Eve, my husband, 2-year-old daughter, and I moved into our dream house in a dreamily charming suburb.

In the midst of this intense REM state came a shocking wake-up call: my nightmare of a commute into midtown Manhattan. Each weekday morning, I leave at 7 a.m. and travel by car, bus, and train (a.k.a. Satan's idea of a hot threesome). It's a commute where disabled vehicles are as common as lattes, where a one-hour trip easily turns into a three-hour tour of New Jersey, and where dreams go to die.

Friends tell me to meditate, but conditions could not be more inhospitable for such things! Most days, I self-soothe with Spotify playlists and refreshes of my newsfeeds. But halfway into my bus route, I hit a Wi-Fi desert. No streaming. No e-mail. Just me and my stupid thoughts. What am I doing with my life? Am I a shitty mom? Is that twitch in my left tit cancer? Holy crap, it is so cancer.

This unhealthy relationship with my commute has spilled over into every aspect of my life. I've gained 15 pounds I can't shake—even though my eating habits haven't changed much. I barely spend any time with my daughter during the week-ironic, considering how I moved to the suburbs to frolic with her on our well-manicured lawn. When I finally get home, I snap at my husband over the most inane things. I can feel him falling a little more out of love with me at each snap. It's a scary feeling because I can't stop it. It's 9 p.m. I haven't eaten. And I'm so very tired.

At its core, a bad commute makes you feel insignificant—a passenger in your own life. To take back some semblance of power, I joined an online grassroots push that essentially forced Governor Chris Christie off his presidential campaign trail and back to New Jersey to meet with officials in an attempt to fix our state's crumbling infrastructure. My commute is still as awful as ever. But I'm taking the proverbial wheel, and it's the first bit of good I've felt about all this bad in months.

Theresa O'Rourke, executive editor, Cranford, New Jersey



THE NUMBER OF HOURS THAT RUSH-HOUR COMMUTERS SPENT STUCK IN TRAFFIC LAST YEAR. THAT'S 42 HOURS A YEAR PER DRIVER.

"I HAVE MY LIFE BACK!"

For nearly two decades. I had hour-plus public-transport hell commutes—first in Boston, then London, then Philadelphia, When I joined WH, I drove an hour and 15 minutes each way, from Philly to northeast Pennsylvania, with my daughters, then 3 years and 5 months (at-work child care: sweet!).

It was doable, until the day we got stuck in a blizzard for three hours. A few weeks later. I contracted an intestinal superbug after taking antibiotics for a sinus infection that my exhausted bod iust couldn't kick. Two davs after that, a kidney stone landed me in the ER. Worn down by stress and lack of sleep. I told my husband: Either we move or I quit my job. because my body is crying uncle. We packed our bags.

These days, the music is blaring, there's a smoothie in the cup holder, and I'm spending a lot less on gas. I leave the house at 8 a.m., drive past bucolic cornfields and wooded glens (hello, deer!), and arrive at the office at 8:13. Yep, my ride is 13 minutes (it's okay; you can hate me).

There are trade-offs. Those deer are a pretty big sign that I don't live in the most cosmopolitan of areas (translation: I haven't had a decent curry in three years). And my girls are 6 and 3 now, which means those blaring tunes are mostly Kidz Bop. But it's a small price to pay for actually getting to spend QT with them at the end of the day (instead of just looking at the tops of their heads in the rearview mirror).

Although I think "having it all" is unrealistic, a shorter commute has helped me have a bit of work-life balance. I'm happier and waaav less frazzled. Besides, curry gives me gas.

Tracy Middleton, health and features editor, Allentown, Pennsylvania

CUTE COMMUTE!

Honk if you like my driving—and my crazy-chic coat. Our picks take you from traffic lights to office space.



UNDER COVER

Eighteen pockets for stashing your essentials, yet you won't look like Inspector Gadget. Scottevest Trench, \$150, scottevest.com



WELCOME FLAT

Profesh, polished, and pain-free, thanks to a shock-absorbing cushioned inner sole. Rockport Laver Dorsav Flats. \$130, zappos.com



RAIN? CHECK.

Umbrellas that go all inside out blow; this one's aerodynamic shape withstands gusts up to 70 mph. Senz 6 Automatic, \$80, senzumbrellas.com



BOOT POINT

The sleekest way to handle heaps of slush, thanks to ground-gripping rubber soles (and comfy block heels!). Swazey Tall Waterproof Boots, \$260. timberland.com



HEAD START

Riders, protect your noggin and hair: This helmet has a slot in the back to pop out your pony. Specialized Women's Duet Helmet, \$50, specialized.com

Instagram photographer Benjamin Lowy snapped these pics of New York City commuters between 2013 and 2014. Follow him at @benlowy.

D. O. A.

(OR: DOUCHE

You made it to the office! Try not to go nuclear on the first person who says "good morning," m'kay?

FLIP YOUR RESET SWITCH

You know that vine/GIF/clip that never fails to make you LOL (like any Key & Peele video on YouTube)? Play it on repeat until you simmer down. Feeling joy limits the production of cortisol and helps release endorphins, the happy hormone.

GRIN IT TO WIN IT

When you enter the office mid-rage, you're more apt to snap at little things—No, for real: Who drank the last of the coffee and didn't make a fresh pot?!—but studies show even phony happiness can boost your mood. Make eye contact and smile at the next person who walks by.

PICTURE IT PERFECT

Take five, close your eyes, and visualize how you want your day to go and how you want to act. (Try: a patient, persuasive, and articulate version of yourself. Not: the stress ball who tells her coworker to go to hell.) The mental run-through makes it much easier to transition to being that person, says psychologist Sharon Melnick, Ph.D., author of *Success Under Stress*.

LET IT GOOO!

Try progressive muscle relaxation. Tense your entire bod (for five seconds), then release the muscles in your toes, working your way up to your neck and head. When your body chills out, your mind will follow.

OH, YOU RANG?

'Bout time! Enter the rise of delivery-service apps. Because commuting isn't just your home-work-home round-trip; it's any daily trek—driving to the grocery store, picking up your dry cleaning—that costs you minutes you can never get back.

WASHIO

Summon a "ninja" to whisk away your dirty laundry and bring it back in under 24 hours for a \$6 delivery fee. Wash-and-fold starts at \$1.39 per pound; a dry-cleaned dress runs about \$8.75.

SHYP

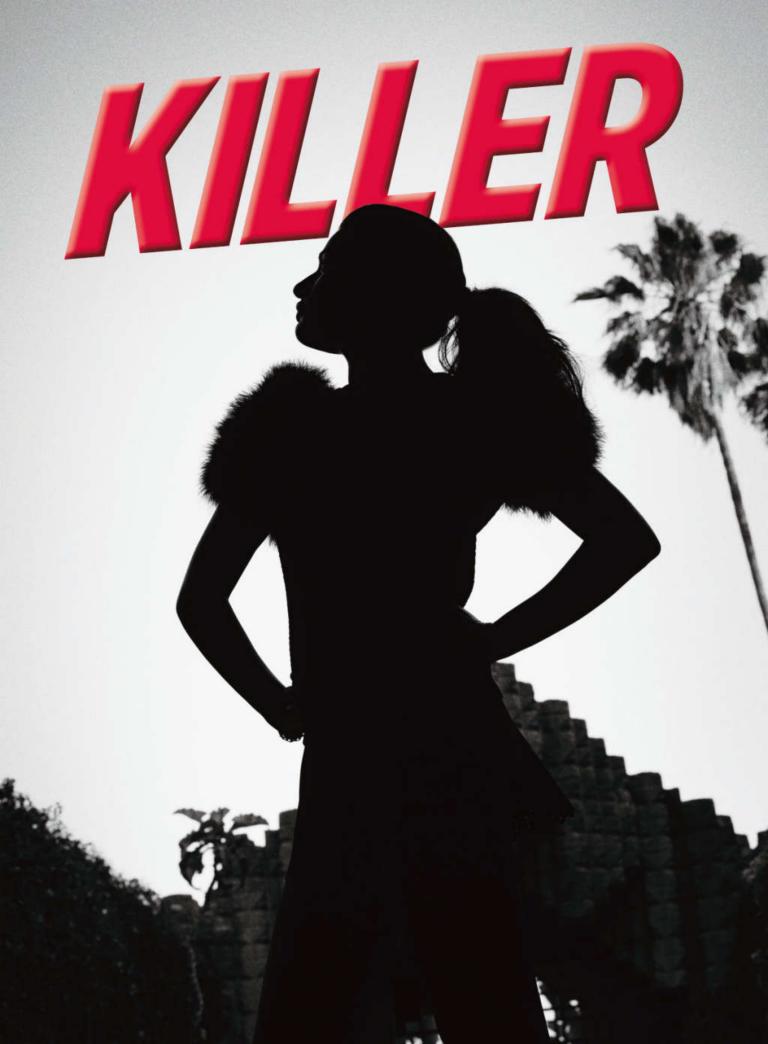
Snap a photo of any item you want to ship, and Shyp shoots back an estimate using the most cost-effective method. Then they pick it up, pack it, and send it off for a flat fee of \$5 (plus postage).

POSTMATES

Delivery of everything from sweaters to Slurpees (really) in under an hour. You pay for the privilege (from \$5, plus a 9 percent service fee on top of the price of your goods), but hey, you're worth it.

NCTACADT

Think of this grocery service as a practical Santa. It dispatches a shopper to local stores (including Whole Foods Market and Costco) and brings you the loot in under two hours for \$4.



As designers channel film-noir-inspired looks for fall, Lea Michele embraces an equally risky—and slightly sinister—mood in Fox's *Scream Queens*. Watch the equally risky—and slightly sinister—mood in Fox's *Scream Queens*. Watch the equally risky—and slightly sinister—mood in Fox's *Scream Queens*. Watch the equally risky—and slightly sinister—mood in Fox's *Scream Queens*. Watch the embraces an equally risky—and slightly sinister—mood in Fox's *Scream Queens*. Watch the equally risky—and slightly sinister—mood in Fox's *Scream Queens*. Watch the equally risky—and slightly sinister—mood in Fox's *Scream Queens*. Watch the equally risky—and slightly sinister—mood in Fox's *Scream Queens*. Watch the equally risky—and slightly sinister—mood in Fox's *Scream Queens*. Watch the equally risky—and slightly sinister—mood in Fox's *Scream Queens*. Watch the equally risky—and slightly sinister—mood in Fox's *Scream Queens*. Watch the equally risky—and slightly sinister—mood in Fox's *Scream Queens*. Watch the equally risky—and slightly sinister—mood in Fox's *Scream Queens*. Watch the equally risky—and slightly sinister—mood in Fox's *Scream Queens*.

BY EMILY ZEMLER PHOTOGRAPHS BY ERIC RAY DAVIDSON

LEA MICHELE: SINGER, ACTRESS FROM GLEE TO GORE

Perhaps, if you look at her family tree. The 29-year-old recently discovered that her great-great-great-grandmother had been an apothecary witch. "She'd come up with oils and scents and tea bags for people who were sick. Meanwhile"—cue the eerie music—"I douse myself with oils every single day, to the point where people at Glee would be like, 'You smell like a green tea bag. What's wrong with you?""

Ready for the even creepier Shyamalanian twist? The photographer at Lea's Women's Health cover shoot divulges—before Lea arrives, before we know about the witch thing—that the ornate Los Angeles manse we're in is a rumored site of the legendary, stillunsolved Black Dahlia murder from 1947. What?! Is The Shining's Danny gonna roll through on his trike too?

Danny never shows (phew), but when Lea does, she embraces the dramatic clothes and vibe with a giant metaphorical hug that speaks to her readiness to try new things. Take Scream Queens, the college-based slasher satire from American Horror Story creators Ryan Murphy and Brad Falchuck (who also happen to be her bosses from Glee). "This show is definitely a lot darker, and I'm excited to play that," Lea says, completely convinced that her character might just be a certifiable psycho. "I was reading scripts the other day and thought, So, gonna go turn some lights on...'

The role is a massive departure from the bubbly, wide-eyed girl she played for six years on Glee, but Lea isn't afraid of what's potentially lurking around the corner. Rather, she's energized by it—for the same reason her ancestral discovery thrills her. "It's the coolest thing ever," Lea beams, curled up in an armchair sipping a freshly brewed cup of (what else?) green tea. "You ask all these questions, and you could be a princess...or a witch. It's an opportunity to look deeper and find something you didn't know was there."

When her time as choir-diva-turned-Broadway-ingenue Rachel Berry was winding down, Murphy came to Lea with an intriguing proposition: "All he said to me was 'neck brace,' and I was like, 'Done!'" Enter Hester, a frizzyhaired, scoliosis-afflicted sorority pledge with more than a few screws loose. "She's literally a nut job," Lea enthuses. "I just got new scripts in the mail, and they're so f-cking hilarious. There's a crazy side to Hester that's very conniving and strategic."

Juxtapose IRL Lea-today, seductively posing in slinky dress after slinky dress—with the '90s-tracksuitwearing hot mess she's playing on TV... and it's difficult to reconcile. Of getting into her alter ego's ultra-dorky persona, she says, "It's really been about finding gestures that don't look too overdone. Ĭ've drawn so much from Kristin Wiig and Gilda Radner—women who are comfortable in their bodies, who can be awkward and funny but not cheesy."

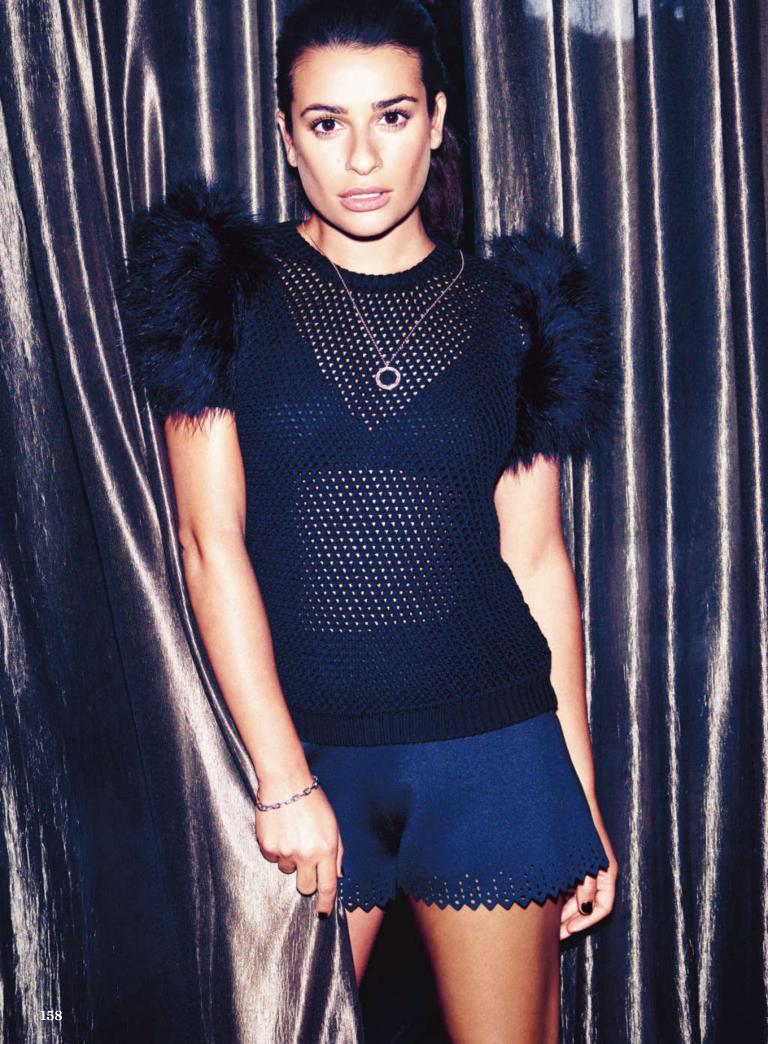
Body language aside, a fair amount of making-under has also helped Lea tap into her inner fug. Rather than spending hours in a folding chair getting perfectly coiffed, the New York-born, New Jersey-raised actress—admittedly "not a makeup person" to begin with—now shows up to set mere minutes before she's due, hair unwashed and abundant natural curls in full effect. "We fill my eyebrows in to make them bushier that's it," she says. "Our crew includes a lot of the same people from Glee, and no one recognized me at first."

MUSICAL INTERLUDE

Once you get past the physical changes, there's another striking distinction between Lea's past and present gigs: It's the first time she'll be in a starring role without singing. She realizes that might disappoint her fans, but to her, the separation is a relief; it's given her the needed clarity to develop her second album, due out next year.







"When I started working on [my first album] Louder, I knew what I wanted to do, but because I was singing different artists every week [on Glee], they were ingrained in my head," she says, adding that she also felt pressure to "sound a certain way" and mimic other pop artists. "I find myself to be such an advocate for being yourself, but looking back, I was trying to fit a certain mold." (As one harsh critic put it, Louder "straddles the line between Katy Perry and Celine Dion.")

This time around, Lea is making sure her own voice and sound come through. "If it's theatrical and coming back to my Broadway and Barbra [Streisand] roots, maybe that's what it'll be. And if it's more pop, it'll be my version," she states emphatically. For her, it's all about the experience and opportunity to try things one way, and then do them again totally differently.

ING BACK, ING TO FIT IN MOLD."

WRITER, UNBLOCKED

A sophomore album isn't Lea's only side hustle. She's now expanding the "author" section of her already robust résumé, with her just-released second book, You First, a journaling workbook. "I'm not the greatest writer," Lea insists. "I always wanted to do it, but there was definitely a little self-doubt." Key phrase: a little. Even if she won't cop to being a natural wordsmith, Lea acknowledges that she knows a thing or two about setting and achieving goals. Case in point? The list she wrote seven years ago while in the Broadway musical Spring Awakening: "It was like, 'Get a TV show. Move to L.A. Record an album. Get a publicist." Check, check, double check. "Yes, I've had a lot of blessings come my way, but a lot of it was me

making it happen," she says. Now she wants to give other women the tools to turn their own aspirations into reality.

Though she's been a firm believer in manifesting things through writing, actual journaling was still a stretch for the petite brunette. In fact, it was a practice she gave her Spring Awakening costar and BFF Jonathan Groff a ton of crap for even doing: "Every night, he'd sit in his dressing room for an extra 45 minutes and write, and I'd say, 'What the f-ck are you writing about? We do the same show every time!' He'd tell me, 'I wanna look back and know what I've learned and where I've come from.' And I would say, 'Whatever dude—I wanna go watch So You Think You Can Dance and eat cheese." (Hi, so do we.)

But the more she thought about it, the more she realized that she would regret not chronicling all the crazyamazing experiences she's had. "I was thinking about that as I drove here today, like, Dude—you met the President! What the hell?" (Lea performed at the 2010 White House Easter Egg Roll.) Now she spends plane rides jotting down song lyrics, memories, and, of course, all the tidbits she's gleaned from quizzing her parents about the family tree.

These moments of introspection have also been a way to help process some of the tougher experiences she's had, like losing boyfriend Cory Monteith to an overdose in 2013. Between writing and taking time for herself (away from the paparazzi lenses snapping her every move), Lea was able to reconnect with what she wanted and needed. "Everyone is going to experience some sort of hill in their life, but when you get to the other side, you feel better and stronger," she says. "It takes a lot of work and time with yourself to find that voice."

That said, Lea is careful to point out that this habit of self-reflection doesn't mean she endlessly ruminates on the past; in fact, she doesn't even keep every journal she finishes. "Sometimes, when I'm done with one, I throw it away—if the energy is like..." she says, making a snapping noise, as if she's shutting her own director's clapboard. Next challenge, that's your cue.

FLAIR FOR DRAMA

Punch up an all-black look by playing with textures. Here, our damsel pits a peekaboo knit top with voluminous sleeves against flirty laser-cut silk shorts.

REDValentino top, \$750, redvalentino.com; DKNY redvarentino.com; DRAY Intimates bra, \$42, macys.com; Clover Canyon shorts, \$187, shopbop.com; Astley Clarke cklace, astleyclarke.com; Walters Faith bracelet, waltersfaith.com



So...About That Bod

Grueling days spent at the mercy of a personal trainer, you wonder? Eating a single lettuce leaf for lunch? Nope and nope! Lea's approach is totally DIY and reasonable—so feel free to crib her tips on staying lithe and toned.

· HIKING

"I'm really close with Becca [Tobin], who was on Glee with me, and we go hiking all the time," she says. "I hike on trails about four times a week; I love being outside." Her costar isn't the only one she turns to for an alfresco workout partner. Lea recently recruited boyfriend Matthew Paetz, a friend, and her pal's fiancé for a wellness retreat in Malibu that involved scaling advanced trails for four days straight. "The feeling on day one was like, 'I did iiiiit! I am the strongest person on the planeeeeet!'" she says. "Day three or four was more like, 'I'm in pain. This is horrible. Dear god, just get to that bush. Get to the bush, then get to the rock...'"

• HOT YOGA

"[Becca and I] also do hot yoga; I like exercises that have a little spirituality to them," says Lea. "It's the greatest combination of meditation, detox, and a

"Emma Roberts introduced me to Pilates in New Orleans," she says. While in the Big Easy filming Scream Queens, the costars have been hitting up Romney Pilates Center (romneypilates .com) multiple times a week, switching up sessions on the Cadillac or reformer machines with floor-based workouts using BOSU balls or TRX straps.

• GOOD FOOD

Lea has always had a healthy perspective on food and never relied on it as a stress soother—but she doesn't follow a strict diet, either. Whether she's keeping vegan (at home), vegetarian (often on the road), or neither (if she can get hold of responsibly raised meat), Lea focuses on quality ingredients, especially when she's dabbling in her two biggest vices: wine and cheese. "I love eating, but I eat what fuels me," she says. "And if it's not gonna fuel me, then it'll fuel my soul—like pizza." ■

BUILDING A MYSTERY

Left: A good heroine has depth and complexity, as does this mini, which tricks out a stretch-crepe fabric with real ostrich feathers. Throw on a graphic hematite pendant for balance.

Elizabeth and James dress, \$595, saks.com; Pushmataaha necklace, \$220, pushmataaha.com

CAT CLASS

Right: Even Hitchcock couldn't handle the tension happening here: plunging top, masculine-inspired dress, and a choker that's as dark as it is dazzly. Me-ow. Karolyn Pho dress, \$320, karolynpho.com for information; Vitamin A halter maillot, \$176, mollybrownsswimwear.com; Alexis Bittar choker, \$275, alexisbittar.com

> For complete shopping information, see Where to Buy on page 163.



Fashion editor: Jacqueline Azria. Hair: John D for Tresemmé/Forward Artists. Makeup: Melanie Inglessis for Make Up For Ever/Forward Artists. Manicure: Jenna Hipp for глакечр. перапле підгезаї гоп глаке ор гоп Ever/гоп ward Artasa, rianicure, зепла пірртог Beauty's Most Wanted/Nailing Hollywood. Prop styling: Ward Robinson/Wooden Ladder.



TATA **CONSULTANCY SERVICES**











WORLD MARATHON MAJORS











On the Cover

Araks Hannah bandeau top,

Aerie skinny jogger 3487, \$35,

Anita Ko Dagger earrings, \$3,150, anitako.com

Lizzie Scheck lock and key necklace, \$1,375, lizziescheck

Logan Hollowell Thorn cuff, Anita Ko spike ring, \$5,250,

Selin Kent Greta ring, \$475,

Zoe Chicco star bracelet,

Venessa Arizaga Cordelia

Lana Jewelry Pulse ring,

Luna Skye by Samantha Conn bar signet ring, \$750,

The Job! The Bod! The Life!

Allude cropped cashmere sweater, \$195, Lola New York, 914-358-1314

Dakine Leonani boy shorts, \$48, dakine.com Established Jewelry heart necklace, \$3,220,

establishedjewelry.com

Anil Arjandas rose-gold balls bracelet, \$1,600. anilariandas.us Leighelena Jigsaw bracelet, \$118, leighelena.com

Cure for the Common Coat

PAGES 56 TO 64

True Religion jeans, \$198, truereligion.com Ugg boots, \$200, uggaustralia.com Eleanor Kalle necklace, \$145, eleanorkalle.com Page 58

Vince Camuto boots \$189 vincecamuto com Rebecca Minkoff earrings, \$48, rebeccaminkoff.com Page 60

Old Navv cords, \$34.94, oldnavv.com Flogg shoe, \$180, wearfloggs.com Loma London hat, \$195, Satine, 323-655-2142 Page 62

H&M jeans, \$30, hm.com Lacoste boots, \$175, amazon.com Loma London scarf, \$255, Bergdorf Goodman, Los Angeles, 212-753-7300

Page 64 Oasis skirt, \$62, oasis-stores.com

Nine West boots, \$179, ninewest.com Elizabeth and James studs, \$85, southmoonunder.com

Hanes Hosiery tights, \$15, amazon.com

15-Minute Workout: **Double Down**

PAGE 72

Saha sports bra 15td05, \$52, sahaswimwear.com Under Armour printed perfect pace shorts, \$35, ua.com Adidas by Stella McCartney studio short tights, \$60, adidas.com for similar styles

Puma sneakers Faas 500 v4, \$90, puma.com for similar styles

No Sugar, All Spice

PAGES 142 TO 147

H&M Studio dress, \$80, hm.com

Mason by Michelle Mason long-sleeve jumpsuit, \$645, michellemason.net

Forever 21 midi shift dress, \$22.90, forever 21.com Mason by Michelle Mason long-sleeve dress, \$795, michellemason net

Killer Instincts

PAGES 154 TO 161

Page 157

Anita Ko Dagger earrings, \$3,150, anitako.com Anil Arjandas double wings ring, \$2,700, anilarjandas.us Page 158

Walters Faith Carrington bracelet, \$8,850, waltersfaith.com Page 160

Rings, from left:

Ron Hami r-691 ring, \$1,620, ronhami.com Jennie Kwon Designs stacked cuff ring, \$1,600,

ienniekwondesigns.com

Ron Hami Tiara ring, \$1,695, ronhami.com

Luna Skye by Samantha Conn Ballerina ring, \$650, lunaskye.com

Women's Health Vol. 12 Issue 9 (ISSN 0884-7355) is published 10 times a year (monthly except for January and July) by Rodale Inc., 400 South Tenth Street, Emmaus, PA 18098. Periodicals postage paid at Emmaus, PA, and at additional mailing offices. POSTMASTER: Send address changes to Women's Health, PO Box 26299, Lehigh Valley, PA 18002-6299. IN CANADA: Postage paid at Gateway, Mississauga, Ontario. Canada Post International Publications Mail Agreement No. 40063752. Postmaster (Canada): Send returns and address changes to Women's Health magazine, 2930 14th Ave, Markham, Ontario L3R 528. GST# R12298861I. Subscribers: If the postal authorities alert us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within 18 months. Customer service: 800-324-1731. Printed in the U.S.A.



SELF-DEFENSE

Nearly 3 million people are victims of assault and violence each year in the U.S. Our expert tips will help ensure you're not one of them.

Test Your Safety IQ

Scream as loudly as you can: TRUE

But what you scream is just as crucial. "Help!" is too vague to get people involved. Instead, draw curiosity by yelling "Fire!" Then be ready to strike because you can't rely on the fact that someone will save you.

Call someone for help: FALSE

Don't engage in a real phone conversation in times you need to be aware; however, faking a call can ward off a suspicious lurker (there's an app for that! see "Best App," top right).

Don't try to reason with him: TRUE

Indeed, it's impossible to read the mind of someone trying to harm you. And any delay in giving him what he wants could anger him further. Run to a safe area ASAP.

Tell him you're trained in fighting: FALSE

Run for safety if he isn't holding you, or strike if he is. Even if you are trained, use that element of surprise to your advantage.

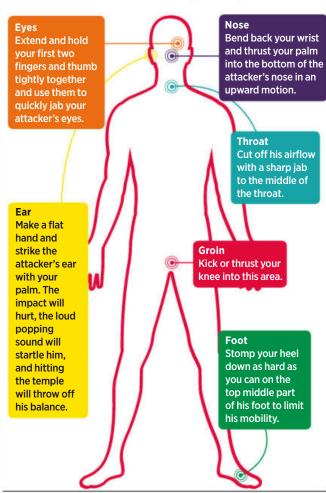
Hit him as hard and as fast as you can: FALSE

Rapid slaps and scratches might distract him, but they could tire you out. Instead, cause injury to a sensitive part of the body (check our blow points at right).

Three Strikes, He's Out

WHEN PHYSICALLY FIGHTING BACK, AIM FOR THE EYES, THROAT, OR GROIN.

"When the body feels pain, it has a withdrawal reflex," says Tim Larkin, founder of Target Focus Training. "Hands will automatically go to that injury." Meaning, you can get away. We highlighted the most effective moves and threw in a few more body parts for good measure.



Keep Away the Creepers

BE AWARE, BE ASSURED, BE ANYTHING BUT A TARGET.

- If you're alone and it's dark, lose the earbuds and guit texting so you can notice when someone's approaching.
- Make brief eye contact with passersby to show you're mindful of their presence.
- Switch all your bags (purse, gym, shopping) to one arm so the other is free to fight back, if necessary.
- Wait till you're just steps away from your car before you unlock it, so you're not announcing your destination to any nearby crooks.
- Change unsafe habits. Do you really need to go to the ATM at night? Or shortcut through a dimly lit area? Consider your safety.

Best App: Fake-a-Call (Free, iOS and Android)

YOUR SMARTPHONE HAS YOUR BACK IN SKETCHY SITUATIONS.

With this app, your phone rings on demand, so you can act as if a friend is calling to meet you ("Is that you on the corner? Perf, I see you, be right there!"). The goal: that anyone near vou believes vou won't be alone for much longer, says Gabrielle Rubin, founder of Female Awareness, a self-defense course in New York City. If you're already in an unsettling spot, choose the app's "Fake a Call Now" option so it'll ring right away. Or if you're walking to your car in 15 minutes, set a timer for it to go off when you're alone.

Beyond Pepper Spray

WHAT EVERY WOMAN SHOULD HAVE IN HER PURSE

Experts say pepper spray is useful when your attacker is eight to 10 feet away; but if you're locked in a struggle with him, you might accidentally spray yourself, says Rubin. In a close-up attack, use a Kubaton: it's about five inches long and used to stab vulnerable points on the body, such as the eyes and throat. (Try Fury Tactical SDK with Pressure Tip, amazon.com.) Keychain personal alarms (\$5, femaleawareness.com) can also alert people to your situation.

Don't Make This Rookie Mistake

"WOULDN'T HAPPEN TO ME, SO I DON'T NEED TRAINING."

That attitude—and many women have it—is quite dangerous, says Larkin. "You don't take swimming lessons expecting to drown—it's a preventive measure. So why not take a class for your personal safety?" One study showed that after just a few courses, women could escape from many holds in less than six seconds. You can memorize the moves, but you need the class to provide context on how and when to use them in a dangerous situation, says Larkin.

ADDITIVES ARE FOR THE BIRDS NOT THE CHICKEN

Ever wonder why some places add a bunch of additives to your food? Well, when speed and shelf-stability are your bag, you need some shortcuts to fake the flavor back in. At Chipotle, we start with great ingredients and cook them with care. So our grilled chicken, slow-braised barbacoa, and hand-mashed guacamole don't need any of that extra junk. They're packed with amazing flavor, not preservatives, stabilizers, or any other strange things that don't even sound like food.



